

# Greenwood Herbals

## July 2005

### What's blooming at Greenwood Herbals in July:

Arnica  
Bed Straw  
Bee Balm  
Bell Flowers  
Borage  
Calendula  
Comfrey  
Day Lilies  
Echinacea  
Elder  
Evening Primrose  
Feverfew  
Foxglove  
Hops  
Lady's Mantle  
Lavender  
Marshmallow  
Meadow Sweet  
Mullien  
Peonies  
Sage  
St. Johnswort  
Stinging Nettle

The open house that was held in June was a great success! All my thanks and appreciation for these two wonderful days go to Cheryl, and Tim Shaw, Melanie Peters, Anne Dickerson and Wendy Snow Fogg. Their help, support and energy was the greatest testament to their friendship.

I also want to thank all the friends, family, neighbors and strangers who came in support and to wish me well. Thank you!

Harvesting has begun at Greenwood Herbals. Deana, my 13 year old granddaughter came to help me harvest. We got the coltsfoot, comfrey, spearmint and skullcap up to dry. As she was tying the bundles together to hang and dry, I told her I would harvest the nettle as I didn't want it to bite her. She looked at me with a strange look and I explained about the little stinging hairs. I put on my gloves, long sleeve shirt and off I went. When I returned with my basket of nettle, Deana was done bundling the rest of the herbs. As I was tying my bundles, Deane reached out for the basket, telling me she didn't understand, but before she could even finish her sentence she jumped back in pain. The nettles got her. We broke open one of the stems and applied the juice to her finger. The only remedy I know of for nettle bite! Deana and I had such a lovely day harvesting plants and laughing about the Stinging Nettle.

### Stinging Nettle— *Urtica dioica L.*

It is known for so many uses, from food, medicine, dye to fiber. It is a perennial growing 1 to 2 feet high at a fast rate. It is not susceptible to frost. It is in leaf from March to November, in flower from May to October, and the seeds ripen from June to October. The individual flowers are either male or female, but only one sex is to be found on any one plant so both male and female plants must be grown if seed is required. The plant prefers light (sandy), medium (loamy) and heavy (clay) soils. The plant prefers acid, neutral and alkaline soils. It can grow in semi-shade (light woodland) or no shade. It requires moist soil. It will grow almost anywhere!



The leaves of the plants have stinging hairs, causing irritation to the skin. This action is neutralized by heat or by thorough drying, so the cooked leaves are perfectly safe and nutritious.

Nettles have a long history of use in the home as a herbal remedy and nutritious addition to the diet. A tea made from the leaves has traditionally been used as a cleansing tonic and blood purifier so the plant is often used in the treatment of hay fever, arthritis, anemia etc.

The whole plant is anti-asthmatic, anti-dandruff, astringent, diuretic, hypoglycemic and a stimulating tonic. It is also used to treat anemia, excessive

Greenwood Herbals  
561 Parsonsfield Rd  
Limerick, ME 04048

207-793-3553

[www.greenwoodherbals.com](http://www.greenwoodherbals.com)

menstruation, arthritis, rheumatism and skin complaints, especially eczema. Externally, the plant is used to treat skin complaints, arthritic pain, gout, sciatica, neuralgia, hair problems etc.

The fresh leaves of nettles have been rubbed or beaten onto the skin in the treatment of rheumatism. This practice, called urtification, causes intense irritation to the skin as it is stung by the nettles. It is believed that this treatment works in two ways. First, it acts as a counter-irritant, bringing more blood to the area to help remove the toxins that cause rheumatism. Second, the formic acid from the nettles is believed to have a beneficial effect upon the rheumatic joints.

For medicinal purposes, the plant is best harvested in May or June as it is coming into flower and dried for later use. The juice of the nettle can be used as an antidote to stings from the leaves and an infusion of the fresh leaves is healing and soothing as a lotion for burns.

Greenwood Herbals uses nettles in its burn ointment. I have been told that once the burn heals there is no scar. One client tried it on an old burn scar she received from an iron and swears that it disappeared. I can attest to the fact that I use it when I have been burned and I don't have any scars. Others have found that it is wonderful for severe sunburn.

Nettle root has been shown to have a beneficial effect upon enlarged prostate glands. A hair wash is made from the infused leaves and this is used as a tonic and anti-dandruff treatment. A beautiful and permanent green dye is obtained from a decoction of the leaves and stems. A yellow dye is obtained from the root when boiled with alum.



### Herbed Butter

- 1/2 cup of unsalted butter .softened to room temperature
- 1 TBS each of chopped fresh chives, parsley, tarragon and chervil

Mix, roll into a log and refrigerate.

### Sun—Dried Tomato and Rosemary Butter

- 10 sun-dried tomato halves softened in hot water
- 8 TBS unsalted butter at room temperature
- 4 oz fresh goat cheese at room temperature
- 1 TBS Rosemary

Drain tomatoes and finely chop. Mix in a bowl with butter, goat cheese and rosemary. Roll into a one inch wide log on a sheet of parchment or wax paper and chill

### Announcements:

- Christine Tolf will be visiting Greenwood Herbals on July 9th. She will be discussing Flower Essences and their uses.
- This is a reminder that we will be closed August 26th through August 28th. I will be attending the Women's Herbal Conference.

Greenwood Herbals  
561 Parsonsfield Rd  
Limerick, ME 04048

207-793-3553

[www.greenwoodherbals.com](http://www.greenwoodherbals.com)

---