

Greenwood Herbals

June 2005

What's blooming at Greenwood Herbals in June:

Arnica
Bell Flowers
Blue Flag
Calendula
Chives
Columbine
Comfrey
Evening Primrose
Feverfew
Foxglove
Iris
Lady's Mantle
Lavender
Lupine
Meadow Sweet
Pink Lady Slipper
Peonies
Sage
Stinging Nettle
Sweet William
Thyme
Yarrow

Jan Conley, fellow Master Gardner, came up in May and we blazed our first path through the Medicine Trail. What a wonderful day. We started out by following the Clintonia (Bluebeard Lily). We found Trillium, Painted Trillium, Jack in the Pulpits, Wild Oats, Pink Lady Slippers and so much more. We were thrilled when we came upon a huge expanse of Rattlesnake Plantain. This plant is rare and I've never seen so much in one spot. I made a note in my guide book to return when it is blooming in July. We moved on, following the Clintonia which we notice is also a deer trail. Deep in the center of the woods we came upon Ginseng. We both fell to our knees before it, in awe and reverence. As far as you can see, it is surrounded by Clintonia, as if it is protecting it. We pulled out our Peterson guides, to verify our finding. We double check in another book. What we have found is actually Dwarf Ginseng. This is more common and I felt a little disappointed but still happy that it is here. We mark off the batch and move a little further into the woods and what to our amazement do we find? American Ginseng. My excitement soars again. We double check by pulling out our guides to verify our finding. We start roping the area off like regular crime scene investigators. Needless to say, we called this first trail the Ginseng trail. The Ginseng trail basically consists of hot pink boundary tape at this point. I will return soon and remove any plants directly in the path to the side. I will move deadfalls and use them to mark the sides of the trail. Mainly I will be lining the path to keep people from stepping on the plants. We found many areas that are wet and at this time of year will require the visitor to wear boots. Even as wet as it is in the spring, no one will want to miss this trail in late May or early June. I want to share this wonderful place, and keep it as natural as possible. Making sure not to change the environment of these plants in any way. To do so would destroy them. I want to get this started before Jan returns for our next trail blazing expedition. We also need to think about the entrance to these trails. We need something to beckon. To welcome the visitor or hiker. Where does the Medicine Trail lead? It not only leads back to the Labyrinth and the Medicine Garden, it will also be a path for teaching and sharing the knowledge of the plants. .



Dwarf Ginseng—*Panax trifolius*

A globe-rooted perennial; 2-8 inches high. The leaves are divided into 3 (occasionally 5) toothed, oblong to lance-shaped leaflets. Flowers are white to yellow (or sometimes pinkish), in small umbels; April to May. Fruits green or yellow and then they wither and are gone within 2 months. It is considered a demulcent and a tonic. Native Americans used tea of the whole plant for colic, indigestion, gout, hepatitis, hives, rheumatism, and tuberculosis; root was chewed for headaches, shortness of breath, fainting, nervous debility. Used to treat impotence, (it stimulates male sex glands), stress (strengthens the adrenal glands), cocaine withdrawal, energy, diabetes, radiation protection, colds, and chest problems. Promotes lung function, enhances immune function, stimulates the appetite, and normalizing blood pressure.

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