

Greenwood Herbals

August 2006

What's blooming at Greenwood Herbals in August:

Agrimony
Bed Straw
Bee Balm
Black Cohosh
Boneset
Borage
Calendula
Cardinal Flower
Catnip
Comfrey
Echinacea
Evening Primrose
Feverfew
Figwort
Foxglove
Great Blue Lobelia
Hops
Hyssop
Joe Pye Weed
Lady's Mantle
Lavender
Lobelia
Marshmallow
Meadow Sweet
Mullien
Obedient
Sage
St. Johnswort
Stinging Nettle
Sweet Leaf
Thyme
Blue Vervain
Wood Betony
Yarrow

Things have been pretty busy around here with the apprentices and classes. Teaching plant identification has been fun for me. I have been getting a lot of time with each apprentice, identifying and telling them how I use the plants and how others have used them. Each student takes a sample of the plant at different stages of it's life and presses it for their own homemade identification books. We have found two species of Solidago growing here in the garden. Which of course led to the discussion of allergies and what is really causing those red eyes, sneezing and running noses. Most people are really surprised when they find out that golden rod is not the culprit but what you find growing under it. Ragweed. They both bloom at the same time and so Golden Rod which shows it beautiful golden panicle gets the rap for the damage that the unobtrusive little green blooms of the ragweed produces. Golden Rod is not wind pollinated as ragweed.

Golden Rod—*Solidago canadensis*

Solidago is a genus in the Aster family. There are about 45 species growing in North America and they blend into each other so well that they are difficult to classify. The most common is Solidago Canadensis. It can easily be identified by the galls on the stems. It is in flower from



August to October, and the seeds ripen from September to October. The flowers are hermaphrodite (have both male and female organs) and are pollinated by insects. The plant is self-fertile. It likes all soil types and it can impoverish the soil. It can be found in woodlands, sunny edges, and lightly shaded areas. It is noted for attracting wildlife, such as, various beneficial insects. Butterflies, moths, ladybugs, lacewings and hoverflies. These insects will help to control insect pests in the garden.

Edible Uses: *Leaves, Seed, Flowers, Tea.*

Young leaves and flowers can be cooked. The seed can be used to thicken soups and is also good as a survival food when all else fails. A tea can be made from the flowers and the leaves.

Medicinal Uses: *Antiseptic; Anti-inflammatory, aromatic, astringent, carminative, diaphoretic, mildly diuretic, antifungal and stimulant*

Goldenrod is a safe and gentle remedy for treating wounds and bleeding. It is especially useful in the treatment of urinary tract disorders, being used both for serious ailments such as nephritis and for more common problems such as cystitis. The plant contains saponins that are antifungal and act specifically against the Candida fungus which is the cause of vaginal and oral thrush. It also contains rutin which is used to treat capillary fragility. The plant contains quercetin, a compound that is useful in the treatment of hemorrhagic nephritis.

The root can be combined with Green-Headed Coneflower (*Rudbeckia lacinata* L. and Anise Hyssop then applied as a poultice to burns.

The blossoms can be made into a mouthwash to treat sore throats and thrush. A tea made from the flowers is used in the treatment of diarrhea, body pains, fevers and snakebites. It has also proved its value when used internally in the treatment of urinary infections, skin diseases, influenza, whooping cough, bladder and kidney stones. Due to its mild action, goldenrod is used to treat gastro-enteritis in children.

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I have found it to be very useful in the treatment of hay fever and in some cases, also as a remedy for cat allergies. The leaves should be picked during early summer, flower tops during late summer and early fall. The root is taken during the fall. All parts of the plant can be dried and saved for later. All parts have the same medicinal traits as well.

Other Uses: Mustard, orange and brown dyes can be obtained from the whole plant.

Something to check out! <http://www.maine-nutrition.org/Maine/marketbasket.htm>


The Maine Market Basket is a news information service which is produced weekly. Each issue features a seasonal local produce item, a recipe, tips for shopping and cooking, and links to farmers' markets, farm stands and other resources for finding locally grown produce. The Market Basket is a combined effort of the Maine Department of Agriculture and the Maine Nutrition Network and is supported with funds from the US Department of Agriculture. Coordinating partners include the Eat Local Foods Coalition of Maine and the Fairfield Farmers' Market. We have been printing the newsletters out and carrying them in the shop for our customers. Feedback has been good.

Featured Product of the Month: All Purpose Healing Salve







This salve is great for soothing and accelerating the healing of cuts, bruises and insect bites. It is available in 2 oz jar @ \$8.95 and a 1 oz jar @ \$5.95 which is perfect for the first aid kit.






Contains: Comfrey, Plantain and Chickweed infused in Olive Oil and beeswax.





 I found this recipe from the following web-site:
<http://www.maine-nutrition.org/Recipes/mainefoodrecipes>











 **Berry Crumble**
 Serves 6

-  • 3 cups fresh blueberries, raspberries blackberries or strawberries
-  • ½ cup oatmeal
-  • ¼ cup white or whole wheat flour
-  • ¼ cup frozen orange juice, concentrate, thawed
-  • 2 tablespoons brown sugar
-  • 2 tablespoons margarine, cut into small pieces

-  1. Preheat oven to 375 ° F.
 -  2. Combine first three ingredients in an 8-inch square baking dish. Set aside.
 -  3. Combine oats, flour, brown sugar in a bowl; cut in margarine with a pastry blender (or two knives), until mixture resembles coarse meal. Sprinkle over berries.
 -  4. Bake for 30 minutes.
-  Top with low-fat frozen yogurt!



 **Announcements:** 

-  • Nancy Cole is now offering Cranio-Sacral and Acupressure Bodywork at Greenwood Herbs. Release physical/emotional pain and trauma through relaxing restorative bodywork. Reimbursed by Major Insurance Co. with Doctor referral. \$20.00, \$40.00 and \$60.00 sessions available. Call 207-793-3553 or Nancy directly at 207-247-4451 to make your appointment today. 
-  • **August 18, 2006—We will be closing at 3 pm** 
-  • **August 19 and 20, 2006—We will be closed,** as Debbie will be attending the United Plant Savers Conference in Vermont 
-  • **September 8, 2006-Pat Trotter will be presenting “Naturally Clean”** Learn how effective those 'antibacterial' sprays really are. Most importantly come to understand the outcome of long and short term effects these products have on you and this earth! See for yourself a simple solution of the alternatives to combat these issues and maintain a 'healthy' home and life, while sustaining the Earth. Program Cost \$20 plus a \$6.00 Material Fees to paid directly to the instructor 
-  • **Coming in September, 2006—Healing Arts Celebration Day:** 



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