

Greenwood Herbals

January 2006

What's happening at Greenwood Herbals in January:

- **Snowshoeing**

The picture of our woods was taken by:

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January is the time to rest, heal and restore ourselves for the coming months. I like to spend this time in quiet introspection. I enjoy spending time out in the woods on my snowshoes watching life in the woods. The energy and atmosphere seem quiet and at peace. This particular day, the woods looked like a fairy ice kingdom. The branches hung heavy with snow and ice that had not yet fallen. I moved under its canopy slowly, through the silence, following the path of a deer who had ventured through before me. On and on I went until I came to a trunk of a huge hemlock where I found wood shavings laying at its base. Looking up I saw him. The largest woodpecker I had ever seen. It was a



pileated woodpecker. He flew off and I followed where he led me, further away from the tree that he had been working on and deeper into the woods. I continued to follow him until I was led back in a circle to the house. It was then that I noticed that my coat, mittens and hat were covered with Usnea, What a cool way to harvest it! But where did I pick it up? In my single-mindedness in following the woodpecker, I had missed something that was important to me. I

had to retrace my steps back into the woods where I discovered that Usnea is another wonderful medicine that grows and lives at Greenwood Herbals.

Usnea lichen — *Usnea barbata*

Usnea is a lichen; a combination of an algae and a fungus growing together. Walking through the forests of the northeast you have probably come upon Usnea, but you might not have noticed it. You probably didn't know that the unobtrusive gray-green downy stuff covering many of the trees is one of the mildest yet strongest immune tonics in the herb community. Also known as Old Man's beard, it grows in little soft tufts, with the green algae covering a white string like fungus. The best way to identify Usnea is to pull the string apart and look for this white thread. However, since Usnea is nearly impossible to find in field guides and herb books, you might want to have someone who is knowledgeable show you this plant or confirm what you have found. Usnea has shown high concentrations of heavy metals from air pollution so it is extremely important to know where to harvest or if purchasing this product where it has been gathered.



Medicinal Uses: Usnea is an immune system tonic that can be used in acute situations as well as for long term immune improvement and as a preventative. It has no side effects, and is safe for children and animals. It can be used along with or instead of Echinacea. Usnea is more specific for strep and staph infections than Echinacea, and its antibiotic properties are actually specific to the respiratory and urinary systems. It can be used to help heal respiratory and sinus infections, bronchitis, pneumonia, strep throat, colds, as well as urinary tract, kidney, and bladder infections. Usnea is also beneficial for women with yeast infections, and Chlamydia. It can be helpful for people with chronic fatigue, HIV, herpes, and other chronic conditions related with depressed immunity.

Usnea doesn't make a very desirable tea, so I recommend using it as an alcohol extract. (See recipe below) Remember this is a powerful plant when the cold and flu season comes around or any other time your immune system needs an extra boost.

Usnea Tincture

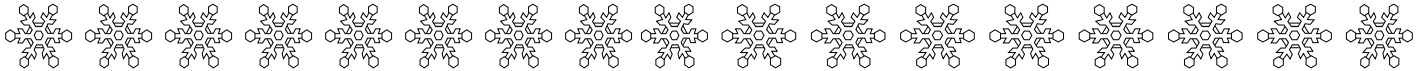
Fill a jar of your choice with Usnea (the fresher it is the better) Loosely pack the jar then fill and cover the plant material with 100 proof vodka. Make sure the alcohol totally covers the plant material. Label your jar with the date and contents and cover it with a lid. Let it sit for six weeks. After six weeks strain off the liquid, compost the Usnea, and pour your extract back into the jar. You can pour some into amber dropper bottles for easier use.

Dosage:












Internal tincture – 30-60 drops 3-4 times a day















Acute situation – 30-60 drops every 2-3 hours

Externally: apply as needed











Pureed Beet Soup with Bartlett Pears -

 8 medium golden beets, peeled and quartered
 2 shallots, peeled and halved
 3 ripe Bartlett pears, peeled, quartered and cored
 3 sprigs of fresh thyme
 Salt and pepper to taste
 Olive Oil
 1 red onion, coarsely chopped
 6 cups of chicken stock
 2 TBS lemon juice
 1 TBS chopped fresh thyme
 Sour cream or heavy cream

 Heat 2 TBS of Olive Oil in a large flameproof pot
 and cook the onion over medium heat until soft-
 ened. Add the vegetables, pears, 3 sprigs of
 thyme, salt and pepper and the chicken stock.
 Bring to a boil, then turn the heat down and sim-
 mer the soup until the vegetables and pears are
 very tender. Remove the pan from the heat. Dis-
 card the sprigs of thyme. Using a hand-held
 blender, puree the soup in the pot until it is
 smooth. (you can puree the soup a little at a time
 in a blender) Warm the soup over low heat. Add
 the lemon juice and chopped thyme. Taste for
 seasoning and add more salt, pepper and lemon
 juice if you like. Ladle the soup into bowls and
 serve with a dollop of sour cream or heavy cream.

Announcements:

-  • We are now accepting applications for our appren-
 ticeship program. See our web-site
 www.greenwoodherbals.com for more details and
 the application form.
-  • Sharon Degiovanni's web-site is now on-line. Visit her
 website and view her work at: www.theroot-seller.com
-  • Greenwood Herbals will be closed April 24rd thru
 April 29. I will be on vacation. If you need any-
 thing from the shop or If you are ordering on-line,
 or by phone please keep this in mind. All orders
 placed by April 29th will be shipped on May 1,
 2006.

