

Greenwood Herbals

July 2006

What's blooming at Greenwood Herbals in July:

Arnica
Bed Straw
Bee Balm
Bell Flowers
Borage
Calendula
Clematis
Comfrey
Day Lilies
Echinacea
Elder
Evening Primrose
Feverfew
Foxglove
Hops
Lady's Mantle
Lavender
Marshmallow
Meadowsweet
Mullien

Anyone who knows me well, knows that I have an uncontrollable fear of birds. It all happened when I was eight years old and our little blue parakeet discovered she could escape from her cage. She would sit on top of the kitchen curtain and wait to repeatedly dive at and pull my hair. Even now the sound of a bird taking off in flight causes me to hit the ground like bullets are going off around me. Well, the other day when I discovered that a robin had built a nest in my Hops, I was horrified. The Hops are the entrance or exit to the medicine garden. I've been carefully watching them this season for insect and pest invasion. Now I have been slowly moving around this robin, trying not to disrupt or frighten her for my sake as well as hers. She watches me and I watch her and we both seem to be moving around each other at a cautious truce. I haven't been over there to check on the insect damage at all. But today, as I sit in my office, typing this newsletter, I am watching her from the safety of the window and I wonder if this may actually be a blessing in disguise. Last year I lost all the leaves and female flowers to the Japanese Beetles. I managed to keep them under control by picking them off in the early morning and dropping them into warm soapy water, but when I left for 3 days, and came back, they had completely decimated the Hops along with the Grapes. Maybe this year the Mother Robin won't have far to go to find her babies some food! Do robins eat Japanese beetles? So anyone coming to visit the gardens needs to take care not to scare this Mother away, when passing under the Hops

Hops—*Humulus lupulus*



A perennial climber that supports itself by twining around the branches of other plants. Hardy to zone 5 and is not frost tender. It is in flower from July to August, and the seeds ripen from September to October. The scented 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. It is pollinated by the wind and is noted for attracting wildlife. The plant will grow in all soil types and can tolerate drought and will grow in partial shade or sun. It is very easy to divide them in the spring as new growth begins. Plant the divisions straight out into their permanent positions if required. Some people who are sensitive can develop Hops Dermatitis from contact with the bristly hairs. Workers who harvest Hops have been also known to fatigue easily.

Edible Uses: *Drink; Leaves; Root;*

Young leaves and young shoots can be cooked or eaten in salads if used before the end of May. A tea is made from the leaves and cones and has a gentle calming effect. We use Hops in our "Lights Out" Tea blend.

The dried flowering heads of female plants are used as a flavoring and preservative in beer and are also medicinal. The flowering heads are sprinkled with bitter-tasting yellow translucent glands, which appear as a granular substance that prevents negative bacteria from growing in the beer.

The essential oil in the flowering heads is also used as a flavoring in cereal beverages and mineral waters. Extracts from the plant, and the oil, are used as flavoring in non-alcoholic beverages, frozen dairy desserts, candy, baked goods and puddings.

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Medicinal Uses: *Antibacterial; Antiseptic; Antispasmodic; Diuretic; Hypnotic; Nervine; Sedative; Stomachic; Tonic*

Hops has been proven by history to be a soothing, sedative and calming herb on the body and the mind. The bitter flavor accounts for its ability to strengthen and stimulate the digestion, increasing gastric and other secretions. Hops are widely used as a folk remedy to treat a wide range of complaints, including boils, bruises, cancer, cramps, cough, cystitis, delirium, diarrhea, fever, hysteria, inflammation, insomnia, jaundice, nerves, neuralgia, rheumatism, and worms. The hairs on the fruits contain a sedative and hypnotic drug, so Hop flowers are used as an infusion or can also be used to stuff dream pillows where the weight of the head will release the volatile oils. The female flowering heads are harvested in the autumn and can be used fresh or dried.

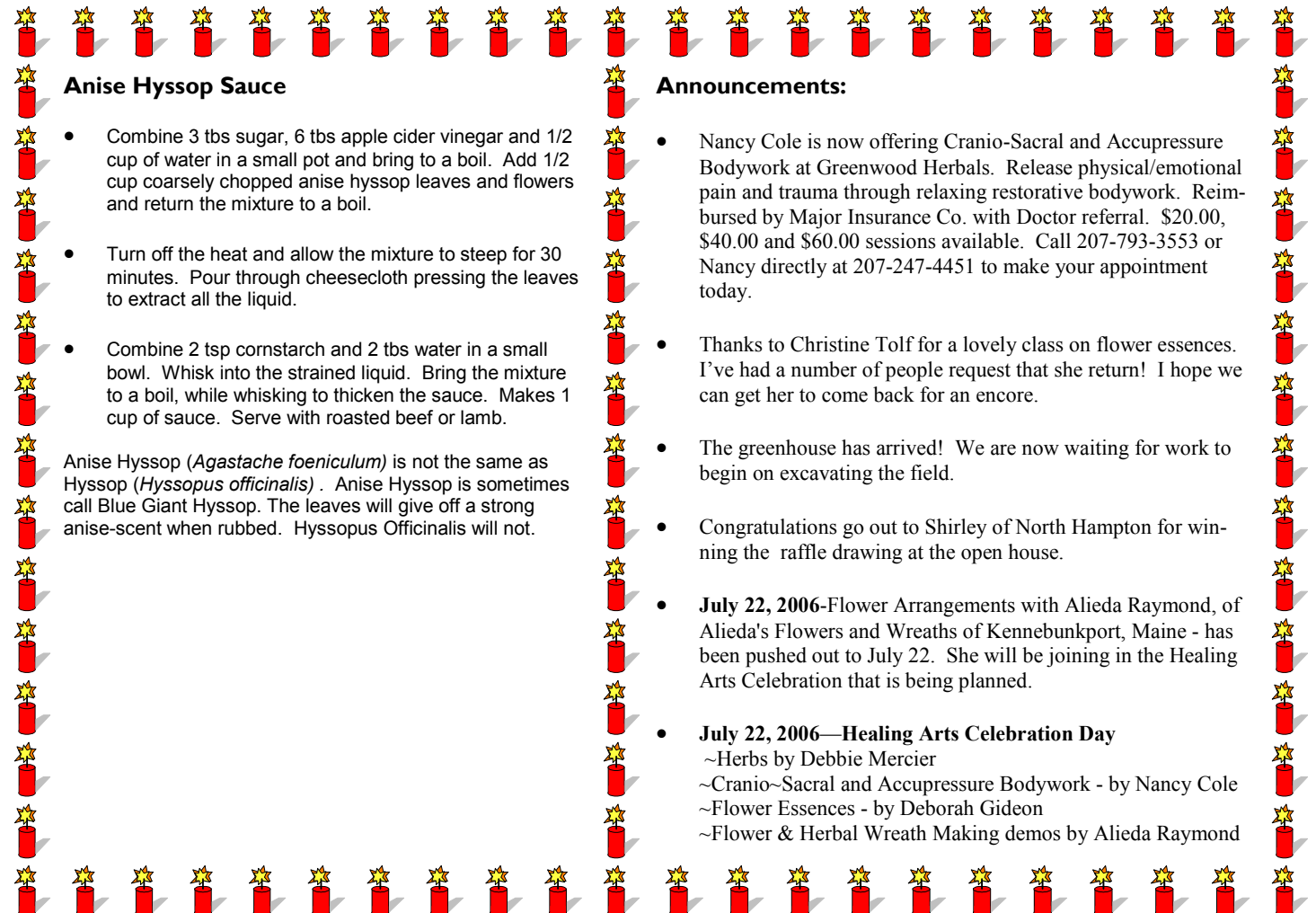
Other Uses: A brown dye can be obtained from the leaves and flower heads. Extracts of the plant are used in Europe in skin creams and lotions for their alleged skin-softening properties. The fiber from the stem is similar to hemp (*cannabis sativa*) but is not as strong. It can be made into a coarse cloth.

A specialty paper can also be made from the stem when harvested in the autumn. The leaves are removed and the stems steamed until the fiber is removed. The fiber is then cooked for 2 hours with lye and hand pounded with mallets or ball milled for 2½ hours. The paper is brown in color.

Featured Product of the Month: **Rosemary Eye Cream**

A lot of times someone will ask me to make a special product for them and this is what happened here. Once done I had extra so made up some jars for the shop and the web-site. Rosemary Eye Cream is made from rosemary growing here at Greenwood. It is a hydrating cooling cream which helps reduce swelling and dark circles under the eyes. It didn't take long for this product to start moving either and I've gotten a lot of good feedback on this one. 1 oz jar—\$5.95

Contains: Rosemary, Almond Oil, Avocado Oil, Jojoba Oil, Coconut Oil, Lanolin, Beeswax, Rosemary Essential Oil

 <p>Anise Hyssop Sauce</p> <ul style="list-style-type: none">• Combine 3 tbs sugar, 6 tbs apple cider vinegar and 1/2 cup of water in a small pot and bring to a boil. Add 1/2 cup coarsely chopped anise hyssop leaves and flowers and return the mixture to a boil.• Turn off the heat and allow the mixture to steep for 30 minutes. Pour through cheesecloth pressing the leaves to extract all the liquid.• Combine 2 tsp cornstarch and 2 tbs water in a small bowl. Whisk into the strained liquid. Bring the mixture to a boil, while whisking to thicken the sauce. Makes 1 cup of sauce. Serve with roasted beef or lamb. <p>Anise Hyssop (<i>Agastache foeniculum</i>) is not the same as Hyssop (<i>Hyssopus officinalis</i>). Anise Hyssop is sometimes call Blue Giant Hyssop. The leaves will give off a strong anise-scent when rubbed. Hyssopus Officinalis will not.</p>	<p>Announcements:</p> <ul style="list-style-type: none">• Nancy Cole is now offering Cranio-Sacral and Accupressure Bodywork at Greenwood Herbals. 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.• Thanks to Christine Tolf for a lovely class on flower essences. I've had a number of people request that she return! I hope we can get her to come back for an encore.• The greenhouse has arrived! We are now waiting for work to begin on excavating the field.• Congratulations go out to Shirley of North Hampton for winning the raffle drawing at the open house.• July 22, 2006-Flower Arrangements with Alieda Raymond, of Alieda's Flowers and Wreaths of Kennebunkport, Maine - has been pushed out to July 22. She will be joining in the Healing Arts Celebration that is being planned.• July 22, 2006—Healing Arts Celebration Day ~Herbs by Debbie Mercier ~Cranio~Sacral and Accupressure Bodywork - by Nancy Cole ~Flower Essences - by Deborah Gideon ~Flower & Herbal Wreath Making demos by Alieda Raymond
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