

Greenwood Herbals

May 2006

What's blooming at Greenwood Herbals in May:

- **Coltsfoot**
- **Bloodroot**
- **Celandine**
- **Chickweed**
- **Ginger (American)**
- **Golden Seal**
- **Goldthread**
- **Lungwort**
- **Periwinkle**
- **Siberian Pea**
- **Solomon Seal**
- **Sweet Geranium**
- **Sweet Woodruff**
- **Trillium**
- **Veronica**
- **Violet**

I spent the last week of April on Sanibel Island, Florida at a friend's house. What an adventure! What a different world when it comes to plant life. Yes, we spent our days on the beach, collecting sea shells, but I also had the opportunity to visit the J.N. Ding Darling National Wildlife Refuge and the Sanibel-Captiva Conservation Foundation. I found Saw Palmetto, and Rosemary growing in Anne's backyard. Rosemary so huge that it has grown into a hedge. I was amazed at the Jasmine that stood at her front door. The scent was breathtaking. She literally had plants growing in her yard that I consider house plants. So different from our Native Maine Plants. When I got home I took a walk to explore the woods and see what was emerging. I thought I would do this before the black flies got to bad. No such luck. When I left for Florida the trees were just starting to show signs of life. What a difference a week can make! Everything has popped and that special color green has emerged. I call it the baby green because this is the color of spring. The birth of nature. The trillium is blooming in the woods. It is huge! Beautiful! I found three different species. Red Trillium, White and Painted. I read that painted trillium was rare but you would never believe this by walking through the woods at Greenwood Herbals in May. It is growing profusely. What a beautiful plant. All parts growing in threes. Three leaves, Three petals, three sepals. This plant has been associated with the feminine. And has been described as the Maiden, Mother and Crone. It is little wonder that this plant is mainly used in women's medicine.

Trillium erectum

Also known as Bethroot, Birthroot, Indian balm, Indian shamrock, Wake-robin



This plant is a perennial growing 10 to 16 inches high. The leaves are in threes and are triangular, in a single whorl. Flowers dull red to white with three triangular petals and sepals. It grows in full shade (deep woodland) semi-shade (light woodland) or no shade. It requires the soil to be moist and well drained. It is in flower from April to June. The flowers are hermaphrodite (has both male and female organs) and are pollinated by flies. The flowers smell of putrefied flesh. The white-flowered form, is almost

scentless. It is recommended that this plant be divided or transplanted while it is in flower.

Edible Uses: Leaves - raw or cooked. Used in the spring. The young unfolding leaves are used in salad and taste like sunflower seeds. They can also be cooked as a potherb.

Medicinal Uses: *Antiseptic; Aphrodisiac; Astringent; Birthing aid; Expectorant; Poul-tice; Tonic; Uterine tonic.*

Trillium was used by native North American tribes as a woman's herb for menstrual disorders, to induce childbirth, aid in labor for menopause. Modern research has shown that the root contains steroidal saponins, which have hormonal effects on the body; This herb should not be taken during pregnancy. The root is antiseptic, aphrodisiac, astringent, expectorant, tonic, and a uterine tonic. It is used internally in the treatment of a wide range of

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women's complaints including hemorrhaging. It has been proven to stop bleeding after parturition. Historically, physicians used root tea for asthma, difficult breathing and chronic lung disorders. Externally, it is used to treat skin complaints, gangrene, insect bites and stings. The root is harvested in late summer, after the leaves have died down, and is dried for later use. The whole plant is used as a poultice for tumors, inflammations and ulcers.

Featured Products: Your summer arsenal is now available.



- **Buggy Be Gone**— Keep those bugs away—Contains: Vodka, Catnip, Lavender, Eucalyptus, Peppermint -**\$6.95 2 oz atomizer**
- **Poison Ivy Relief in clay**—Once you break out with that rash, relieve it with this drying clay—Contains: Witch Hazel, Jewelweed, Sweet Fern, St. Johnswort, in vodka, added to green clay - **\$7.95 2 oz jar**
- **Poison Ivy Stopper**—Once you come in contact but before you break out, use this spray to prevent a break out —Contains: Witch Hazel, Jewelweed, Sweet Fern, St. Johnswort, in vodka- **\$6.95 2 oz atomizer**
- **Sun Burn Lotion**—For those times when we get caught out in the sun without our skin protection—Contains: Comfrey Leaf, Nettles, St. Johnswort, Calendula, Extra Virgin Olive Oil, Coconut Oil, Beeswax, Aloe Vera, Vitamin E—**\$8.95 2oz jar**



Spinach and Garlic Tortellini Soup

6 cups of chicken broth
6 cups of spinach
6 cloves of garlic—diced
1—8 oz package of Tortellini

- Heat broth with garlic, bring to a boil
- Cook tortellini as directed on the package but in the broth and garlic. Do not drain
- Add spinach to the tortellini and broth 5 minutes before tortellini is done.
- Simmer for an additional 5 minutes
- Serve

Note: This is a family recipe and is written here purely from Grammy's memory. It is delicious!

Announcements:

- We are now carrying High Mowing Vegetable, Flower and Herb Seeds. All are certified organic.
- **Coming Soon:** Hand Painted Celtic bags by Amy Bernard of Broake & Thumb Studios—Cornish, Maine
- **May 13, 2006** - The 2006 Apprenticeship begins
- **May 20, 2006** - From 9 am til noon, The York County Master Gardener Open House and Plant Sale will be held at University of Maine Extension Office Anderson Learning Center, Springvale (Route 109, behind Springvale Library, formally Nasson College)
- Please note that anyone wishing to attend a class must register one week prior to the class date. See Classes/Events on the web-site for further details
- There are still a few openings available for "Getting Started With Flower Essences" with Christine Tolf, of Lichenwood Herbals. June 3 from 10 a.m. – 12:30 p.m. Don't miss this opportunity to learn from the best!