

Greenwood Herbals

November 2006

What's happening at Greenwood Herbals in November:

- **More classes**
- **Putting the garden to bed.**
- **More fairs**

I'm still in my cast. The doctor tells me that it will be another four weeks. I have been fretting over putting the gardens to bed. I haven't been able to plant the garlic, turn the compost or feed the herb beds with their beloved seaweed. I have barely been able to keep up with the shop and the orders. I did manage to finish the apprenticeship and graduate the apprentices. I have continued to teach and speak at different organizations. Managed to make it to all the fairs. And I realized that I could never have accomplished all this without the help of my friends and family. I am so thankful and appreciate each and everyone of them. I didn't realize that it would turn out to be something that I had to discover about myself. This has been a hard lesson for me. But I have had to learn to ask for help. Who would have known that this was such a hard thing to do.

Today, Mary, one of the graduating herbalists came over and put my gardens to bed. She saved my seed heads and even got some more harvesting in for me. Most of the plants were nothing more than skeletons of their former beauty. The Motherwort plant that stood next to the garden gate was lush and green up until a

few weeks ago. She was huge, growing over 6 feet tall. She greeted everyone that entered the garden. I felt a twinge of sadness when I saw her empty space but she was well spent and I know her seed has been scattered. I know that there will be more. It's part of the cycle of life.

Motherwort — *Leonurus cardiaca*

This perennial is part of the mint family. It grows to 2 to 4 feet (though if you look at some of the plants at Greenwood you will notice that some are over 6 feet tall. It is hardy to zone 3. It flowers between July and well into September. It self seeds and I am always amazed at where it decides to appear the following year. It is pollinated by the bees, so makes a good plant to entice pollinators into the garden. The plant will grow in all soils, but seems to prefer nutritionally poor soil. You will find it growing along roadsides, waste places, woodland edges and in the garden. It likes semi-shade as well as the full sun. Once it's planted in a garden, Motherwort will soon increase if the seeds are permitted to scatter.



Edible Uses: *Tea:* The plant is very bitter, so one may want to blend with other herbs, such as spearmint or apple mint.

Flavoring: The flower and herb is used to flavor soups and beer.

Medicinal Uses: *Antispasmodic; Astringent; Cardiac; Diaphoretic; Emmenagogue; Nervine; Sedative; Stomachic; Tonic*

Motherwort is especially valuable in the treatment of female complaints, alleviating nervous irritability, inducing calm to the entire nervous system. It is also seen as a remedy for heart palpitations. It has a strengthening effect, especially with palpitations due to menopause. The antispasmodic and sedative effects promote relaxation rather than drowsiness. It can also be taken internally for problems associated with menstruation, childbirth and menopause. Since the plant is so bitter it can be blended with other herbs for an infusion or taken as a syrup or as an extract. I personally prefer the alcohol extract. The plant has been found effective in the treatment of functional heart complaints due to autonomic imbalance, and also as an anti-thyroid treatment, though it needs to be taken for

several months for these effects to be noticed. The whole herb is harvested in August when in flower and can be dried for later use. It should not be used in the earlier stages of pregnancy or when the menstruation cycle are heavy.

Other Uses: A dark olive-green dye is obtained from the leaves.

Congratulations to the 2006 graduating herbalists. What an amazing summer! What an adventure! I enjoyed every moment with you.

Web-sites: I have found a wonderful web-site that focus's on nature, healing and wellness. www.naturalhealingtalk.com There is an accompanying newsletter that I subscribed to and find very enjoyable. I am proud to say that Greenwood Herbals and the Genesa Crystals were featured in his newsletter this month. If you have a chance, check it out. The web-site belongs to Laurie Lacey who is an author, painter, and naturalist. He also has another web-site, www.wildworldofplants.com. I have added both of Laurie Lacey's web-sites to the link page. <http://www.greenwoodherbals.com/links.html>

New Products: We are now carrying soaps, lotions and scrubs by **Hippy Sheik Herbals**. These fabulous products, created and made by Martina Notz are rich, fragrant, mild and long lasting. Martina is one of our graduating herbalist!

Our Winter hours are now in effect: We are now open **Friday through Sunday from 10—5 pm.**

The Labyrinth will be closed until April. We have decided to close it early to perform maintenance before the snowfall.



Announcements:

- **November 8th - "An Introduction to Herbs" -** Debbie will be teaching at Masebessic Adult Learning 7:00 - 9 pm \$10. Contact: 207-247-3221 Monday through Friday—8am—4pm.
- **November 18th—1-3 pm, Grant yourself Immunity.** April O'Keefe, one of our graduating herbalist, will be presenting at Greenwood Herbals. You'll learn how to make great tasting Astragalus Root Soup and more! Call the office at 207-793-3553 to register by November 12th
- **Greenwood Herbals will be closed November 24th and 25th—**We will be participating in the — **Christmas in the Country 2006.** The 33rd Annual Arts and Crafts Fair at Bonny Eagle High School
- **December 2—1 pm to 4 pm, Boosting your Immune System and Formulas for Winter Health.** Learn to boost your immune system and make your own cough syrup with Debbie Mercier. \$35. Please call the office at 207-793-3553 to register by November 26th.

Announcements:

- The dates for the **2007 Apprenticeship Program** have been posted. See the web-site or call the office if you would like an application sent to you.

South of the Border Hot Chocolate Mix

1/2 cup sugar
1 tbs flour
1/4 cup of cocoa
1/4 tsp salt
1 tsp ground cinnamon
3/4 tsp ground cloves
1/8 tsp ground allspice

Blend all ingredients. Makes 3/4 cup-6servings.

Add 3/4 cup of the above mix to 2 cups water and simmer for 4 minutes. Stir in 6 cups of milk and re-heat. Add 1 tsp of vanilla, whip and serve.

