

# Greenwood Herbals

## October 2006

### What's blooming at Greenwood Herbals in October:

Cosmos  
Echinacea  
Garden Phlox  
Holy Basil  
Rubeckia  
Wall Flower

### What's happening at Greenwood Herbals in October:

- Harvesting roots
- Collecting seeds
- Processing dried herb
- Making cold and flu remedies
- Getting ready for the fairs
- Teaching

Every fall I collect seeds. Last year was no exception. I collected seeds from various gardens where I know that the plants are heirlooms or organic. I will take one little seed pod and prepare it for germination, whether it is drying it to use in the spring or replanting it immediately in my garden, so it can go through the process of freezing and thawing, and freezing again, like Black Cohosh (*Cimicifuga racemosa*) which takes 18 months to germinate. I will carefully, label the seeds and date them as to when they were collected. Last spring when I was starting my seeds, I found an unmarked packet! It was hiding in with the spilanthas. I thought it must be spilantes, so I planted them in the little cells and waited for germination. Spilantes did not come up. Instead what I considered a mystery plant, appeared. It was quite some-time before I was able to identify it as Holy Basil, Sacred Basil, or Tulsi. I still can't remember where it came from.

September turned out to be quite a challenging month for me. A lot of classes to teach, articles to write, and harvesting to do, and on top of it all, I fell and broke my foot. So I have not put a lot of thought into writing this newsletter, until today. As I was leaving the shop and hobbling down the walkway, my eyes fell on the Tulsi, and I realized it was time to harvest it, and it was time to write about the little mystery plant that made it's home in my garden.

### Holy Basil — *Tulsi*

The 'tulsi' plant or Holy basil is an important plant in the Hindu religion. The name 'tulsi' means "the incomparable one". Tulsi is a respected plant and Hindus worship it in the morning and evening. Tulsi grows wild in the tropics and warm regions. There are two main varieties, Dark tulsi (Shyama) and light tulsi (Rama). Rama is used for it's medicinal value where the Shyama tulsi is used for worship.



Tulsi is a branched, fragrant and erect herb. It attains a height of about 1 to 2 1/2 feet when mature. Its leaves are nearly round with the margin being entire or toothed. These are aromatic because of the presence of a kind of scented oil in them. Tulsi flowers are small having purple to reddish color, present in small compact clusters on cylindrical spikes. The fruits are small and the seeds yellow to reddish in color.

**Edible Uses:** Since Tulsi is such an important plant in the Hindu Religion, It is rarely used as a culinary herb. Sometimes the leaves are added to salads and cold foods, though American cooks are beginning to experiment with it .

**Medicinal Uses:** *Pungently aromatic, warming, antiseptic, febrifuge, antispasmodic, antibacterial, digestive aid, strengthens immune system.*

Tulsi is the prime herb in Ayurvedic medicine. It is considered the "elixir of life". It promotes longevity, so the leaves are used as a nerve tonic and for sharpening mem

ory. It is believed that Tulsi prevents and cures many common illnesses like the common cold. It is useful in the treatment of respiratory system disorder, so a decoction of the leaves, with honey and ginger is an effective remedy for bronchitis, asthma, influenza, cough and cold. A tea made from the leaves can be used as a gargle for sore throats.

Tulsi has a beneficial effect in cardiac disease and the weakness resulting from them. It reduces the level of blood cholesterol.

In cases of stress the leaves are regarded as an 'adaptogen'. Recent studies have shown that the leaves provide significant protection against stress. The leaves are also useful in teeth disorders. Dried in the sun and powdered, can be used for brushing teeth. It can also be mixed with a mustard oil to make a paste and used as tooth-paste. This is very good for maintaining dental health, counteracting bad breath and for massaging the gums. It is also useful in pyorrhea and other teeth disorders.

It can be used externally for skin infections such as ringworm and leucoderma quite successfully.

**Other Uses:** Crushed leaves and/or oil is used as insect repellent.

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**Special Thanks** to Pat Trotter, for her class on Naturally Clean. We all enjoyed it, as well as the book and recipes!

To Anne Dickerson, for coming as a guest teacher and teaching the apprentices how to make sage smudge bundles.

Thank you to Nancy Cole, Deborah Gideon, Alieda Raymond, Amy Bernard, Linda Routhier, Sharon DeGiovanni and April O'Keefe for making the Healing Arts Celebration Day come together. What a wonderful day.



### Squash Apple Bake

- 2 small Acorn Squash
- 2 Apples
- ¼ cup coarsely chopped walnuts
- 2 tbs of olive oil
- ¼ cup Sugar
- ¼ cup Maple syrup
- 1 ½ tsp Cinnamon
- ½ tsp nutmeg

Slice the squash in half and clean out centers. Peel and dice apples and add the remaining ingredients. Spoon the ingredients into the squash halves, and drizzle the remaining liquid over the top of them.

Bake on a cookie sheet at 350 for 50-60 minutes.

### Announcements:

- **October 1st**—Greenwood Herbals will be changing the hours of operation for the winter. We will now be open Friday—Sunday 10-5 pm
- **October 4th - "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.

An exploration of herbs—what they are and how they can be used. Learn to grow them in your New England garden. Explore the culinary vs. the medicinal uses of herbs. Learn when and how to harvest, dry and store your herbs. Receive recipes for foods and teas that you can make at home.

**October 14th— Konservatoriets  
"Leap into Fall" Fine Crafts Fair**  
A fundraiser for the Scholarship Fund  
9-4pm at the Alfred Parish Church  
Rt. 202 in the village Square