

Greenwood Herbals

August 2007

What's blooming at Greenwood Herbals in August:

Agrimony
Bed Straw
Bee Balm
Black Cohosh
Boneset
Borage
Calendula
Cardinal Flower
Catnip
Comfrey
Echinacea
Evening Primrose
Feverfew
Figwort
Foxglove
Great Blue Lobelia
Hops
Hyssop
Joe Pye Weed
Lady's Mantle
Lavender
Lobelia
Marshmallow
Meadow Sweet
Mullien

I cannot believe it is already August! Where is the summer going? There are still seeds I never found the time to plant and weeds that are waiting to be pulled. For the last couple of weeks, we have been dealing with one issue after another. Our cat of 16 years, got very sick and we thought we were going to lose her. And then my son, who lives out in Oregon, fell off a cliff. It is a miracle that he is alive and not paralyzed. He asked and I sent him a box of herbal care. I was starting to feel overwhelmed by all of this and then I had a conversation this morning with a man outside the garden. I knew that his words were for me. It is all about being in the Now. It is not about deadlines. It is not about achieving those goals. The journey is all about being in the moment. If you are in the past or the future, you are going to miss what is happening or being said, and how can you learn if you are not in the now. The most important thing that I am doing at this moment is writing this newsletter. I decided after we parted company that I would live the entire day in the moment. What a wonderful day I had. I was able to work in my gardens, harvesting, and weeding. I truly felt grounded and in the moment. So what did I harvest today? Echinacea, Red Clover, Solidago and Queen Anne's Lace.

Queen Anne's Lace — *Daucus carota*

Also known as wild carrot and bird's nest. You can usually find this plant in meadows, grass and waste places and is considered a noxious weed. It is a biennial and is in flower from June to August and the flowers curl into a "bird's nest" when they are going to seed. The seeds will ripen from August to September. It will grow in all kinds of soil as long as it is well-drained. It cannot grow in the shade. It is very aromatic. Each main cluster has as many as 400 flowers and in the center a single, tiny deep red or purple flower. Though I am finding more and more flowers that are lacking this tell tale identification mark. To be safe you should have someone show you the difference between Queen Anne's Lace and Water Hemlock. Water Hemlock can be mistaken for Queen Anne's Lace if not properly identified and Water Hemlock is poisonous.



Edible Uses: The roots can be dry roasted and ground into a powder so it can be used for making coffee.

Medicinal Uses: This aromatic herb acts as a diuretic, soothes the digestive tract and stimulates the uterus. It is a great cleansing medicine for the entire system, it supports the liver, stimulating the flow of urine and the removal of waste by the kidneys. It is used in weight loss and Tommie Bass states in his book that it is not an appetite suppressant, but somehow speeds up the metabolism, burning calories resulting from the intake of carbs and fats. He also states that this is another good remedy for gout.

A warm water infusion of the flowers has been used in the treatment of diabetes.

The seed and flower can be used as a 'morning after' contraceptive and there is evidence that it works. See *Daucus carota* by Robin Bennett. The root of the wild plant can induce uterine contractions and the seeds can be abortifacient so should not be used by pregnant women.

Other Uses: The essential oil is used cosmetically in anti-wrinkle creams. We use it in our Calendula and Goat's Milk Facial Creams.

Folklore: The red flower found in the center symbolized a drop of the blood of Queen Anne (1665—1714), who pricked her finger while making lace.

- We are happy to announce that our products are now being carried at the By the Pond Garden and Gift Shop—Annuals, Perennials, Herbs and More. If you get a chance, you should really stop by and see Anna @ 414 Water St. Newfield, Maine 207-793-4944 Hours: Weekends 8 am to 5 pm.
- You can also find our products at the Micmac Moccasin Gift shop. Rebecca carries a variety of items, all authentic and all natural. If you get a chance, you should really stop by and see her @ 333 Back Rd. Shapleigh Me. 207-490-1004
- And you can find our teas at Garden of Atlantis, Rte 35 Dayton, Me 207-9295088

Basil Butter

- 4 cloves garlic
- 15 leaves fresh basil
- 1/2 teaspoon freshly ground black pepper
- 1 cup butter

Place garlic, basil, and pepper in the bowl of a food processor. Process until the garlic is in small bits. Add the butter, and process just to mix together. Spoon into container, and refrigerate until firm.

Toss into hot pasta or on grilled veggies and corn on the cob



Announcements:

- **August 12, 2007— 1-4 pm. Getting Started with Flower Essences** presented by Christine Tolf of Lichenwood Herbals.

This introductory workshop aims to answer your questions about flower essences. What are they? How are they co-created with Nature? How are flower essences used in healing? Christine has been a certified flower essence practitioner for nearly ten years and offers a line of locally co-created flower essences that encompasses close to 200 different flower essences, and teaches a flower essence practitioner training program. Each workshop participant will, with guidance, create a dosage level blend of flower essences to take home. Don't miss this chance to experience the healing power of flowers!

Cost \$40 - includes generous handout and flower essence blend - Minimum of 5 for the class to run.

- We are now carrying products from “**Uncommon Things**” *Old fashion soaps, Balsam Remembrance Pillows, Lavender Lovey's and more...*
- Greenwood Herbals is happy to offer natural bodywork 'Under the Tent' again this summer with Nancy Cole, a licensed Integrative Energy practitioner. It is our pleasure to introduce natural alternative manual medicine to our local community at a price we hope you will find affordable. *Nancy's fee is reasonably priced at \$55.00 for 60 minutes and \$1.00 per additional minute. If you book four sessions with her, the fifth session is free! CST is now reimbursable in Maine by major insurance companies when referred by a physician. Call: 207-793-3553 to book your appointments*
- **August 24 - August 26 Greenwood Herbals will be closed due to the Woman's Herbal Conference.**