

Greenwood Herbals

February 2007

What's happening at Greenwood Herbals in February:

- Teaching
- Making products
- Writing



Within the last few months, I have seen an influx of clients and orders for different remedies for insomnia, anxiety, stress, depression. I have been asked to speak at different functions, events, and schools about stress and anxiety and how to use herbs and natural therapies (Internally and externally) for health and the well-being of the nervous system. There also seems to be a lot of commercials on television for prescription drugs for the same problems. It makes you wonder what is going on out there. What is this lifestyle that we have chosen and what is it doing to us as a culture.

Recently, someone came into the shop looking for cowslip which helps insomnia. I didn't know too much about this underused herb. I don't grow Cowslip, *Primula Veris* or *Primula officinalis*, not to be confused with Marsh Marigold, *Caltha palustris* (and also known as cowslip) and couldn't find anyone else who carried it dry. But amazingly the more research that I did on this plant the more I realized that I had to add it to my apothecary. My Grammy, actually used this herb! So this spring I will be starting my own seeds. It has the attributes of aspirin, like white willow bark, but where asthmatics are told to avoid white willow, they are encouraged to take cowslip, not only for pain but in the treatment of asthma, chronic bronchitis and other allergic conditions. Most of the information below was found on the *Plants for a Future database*.

Cowslip — *Primula officinalis* or *Primula Veris*

This perennial grows to about 9 inches tall. It is hardy to zone 5 and is not frost tender. It is in flower from April to May, and the seeds ripen from July to August. The scented flowers are pollinated by bees, moths and butterflies.

The plant prefers most soils and can even grow in heavy clay. It does require the soil to be moist. The plant prefers semi-shade to full sun. It can be found in meadows, or woodlands.

Edible Uses: *Flowers; Leaves*

The fresh or dried leaves are used as a tea.

Flowers—This plant has become much less common in the past 100 years due to habitat destruction, over-collecting from the wild and farming practices. When it was more abundant, the flowers were harvested in quantity in the spring and used to make a wine with sedative and nervine properties.

Medicinal Uses: *Anodyne, Anti-inflammatory; Anti-spasmodic; Diaphoretic; Diuretic; Expectorant; Sedative*

Cowslips are a valuable medicinal herb but under used. They have a very long history of medicinal use and has been used in treating conditions involving spasms, cramps, paralysis and rheumatic pains. The plant contains saponins, which have an expectorant effect, and salicylates which are the main ingredient of aspirin and have anodyne, anti-inflammatory and febrifuge effects.

This plant should not be given to pregnant women, anyone who are sensitive to aspirin, or those taking anti-coagulant drugs such as warfarin.

The flowers and the leaves are anodyne, diaphoretic, diuretic and expectorant. They are harvested in the spring and can be used fresh or dried. The leaves have similar medicinal properties to the roots but are weaker in action.

The yellow corolla of the flower is antispasmodic and sedative. They are recommended for treating over-activity and sleeplessness, especially in children. They are potentially valuable in the treatment of asthma and other allergic conditions.

The root can be harvested in the spring or autumn and is dried for later use. It is used in the treatment of chronic coughs, especially those associated with chronic bronchitis, and the flu.

New Products: Goat's Milk Face Cream— *This was custom made for a customer and has been used and tested by numerous willing participants, including myself. I have had a lot of great feedback, and I have to say that I have switched from my more expensive face moisturizer, to this cream. I love it!*

Ingredients: Goat's Milk, Coconut Oil, Carrot Seed extract, Aloe Vera gel, beeswax, borax, vitamin E

1 oz jar—\$6.95
2 oz jar—\$13.50



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:

- **February 17th —1 - 3:00 pm** Debbie Mercier, Greenwood Herbals master herbalist, will be presenting at the [Gardens of Atlantis](#) in Dayton, Maine "Medicinal herbs". Call 207-929-5088 to reserve your seat. **Cost: \$25**
- **February 18** - Reiki Clinic - free of charge, please call the office to reserve your space and time.
- **February 25** - Sharon Degiovanni will be teaching Reiki III practitioner level here at Greenwood Herbals. If you wish to attend, please call the office 207-793-3553
- **March 3**— Debbie Mercier will be presenting "Herbs for Stress and Anxiety" at the *Wellness Weekend Retreat* at the Village Cove Inn in Kennebunkport, Me *Call 207-967-3993 for details.*

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. The deadline to get your application in is **March 31, 2007**



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