

Greenwood Herbals

July 2007

Here it is June 30th and I am just now sitting down to write this newsletter. Things have been very busy around here. The apprentices are well into the program and I love working with each of them. When teaching my students it just makes it so much more worthwhile for them and me to work side by side.



We have been visiting each others property, doing plant identification and a lot of harvesting these past few weeks. This has been exciting as I'm discovering more and more medicine and bringing it home to Greenwood. Our products are about to go into another store and yesterday the guys showed up to clear the field! I was shocked to see them as I wasn't expecting them. They started moving the equipment around, moving the earth and all the downed trees and saplings. Then they stopped and told me that my tree had to go. It wasn't safe for the shop, the new greenhouse or my neighbors. And just like that my tree was gone. A sentinel that stood over 80 feet tall watching and guarding us. This tree had reached a greater height than the others around her. Arborist that have come to visit, use to comment on her size in amazement. I loved to hear her sing when the wind blew through her golden crown. Every morning I would look out my bedroom window and gaze out over the gardens and her as she stood in the center of the land. She is on our business card and even in the banner of this newsletter. Now she is no more. My heart broke when I saw her laying there on the ground. But they were right. Her core was

rotting away. It felt like an old friend had passed away. I am writing this newsletter in honor of our tree.

Quaking Aspen—*Populus tremuloides*

Also known as American Aspen this deciduous tree grows from 40 to 70 feet at a fast rate. It rapidly invades bare areas such as logged woodlands, old fields, or burnt land. It grows best in rich porous soils with plenty of lime and soon establishes dense stands of young trees by sending up suckers. It provides excellent conditions for other species of trees to grow and once established will out-compete the poplar. It requires dry or moist soil and can tolerate drought. The leaves are nearly round; abruptly short-pointed and finely saw-toothed. They are shiny green on top and dull green beneath, turning golden-yellow in the autumn. The bark is whitish smooth and thin but on very large trunks it becomes dark gray, thick and furrowed.

Edible Uses: The inner bark can be used raw or cooked. It can be dried and then ground into a powder for a flour. This is normally mixed with other flours for making bread or as a thickener for soups. It is best used in the spring.

The sap can be tapped and used as a drink and the Catkins are a bitter.

Medicinal Uses: Quaking Aspen has a long history of herbal use. It was widely employed medicinally by many native North American Indian tribes who valued it especially for its antiseptic and analgesic qualities, using it in the treatment of wounds, skin complaints and respiratory problems. It is still used the for the same purposes today by herbalists.

The bark is anodyne, anti-inflammatory, antiseptic, astringent, diaphoretic, diuretic, febrifuge, nervine and stimulant. The bark contains salicylates, the same that aspirin is derived from. It is used internally in the

treatment of rheumatism, arthritis, gout, lower back pains, urinary complaints, digestive and liver disorders. Externally, the bark is used to treat hemorrhoids, infected wounds and sprains. An infusion of the inner bark is a remedy for coughs, an appetite stimulant, urinary problems, Venereal Diseases, worms, colds and fevers. A tea from the root bark is used as a treatment for excessive menstrual bleeding.

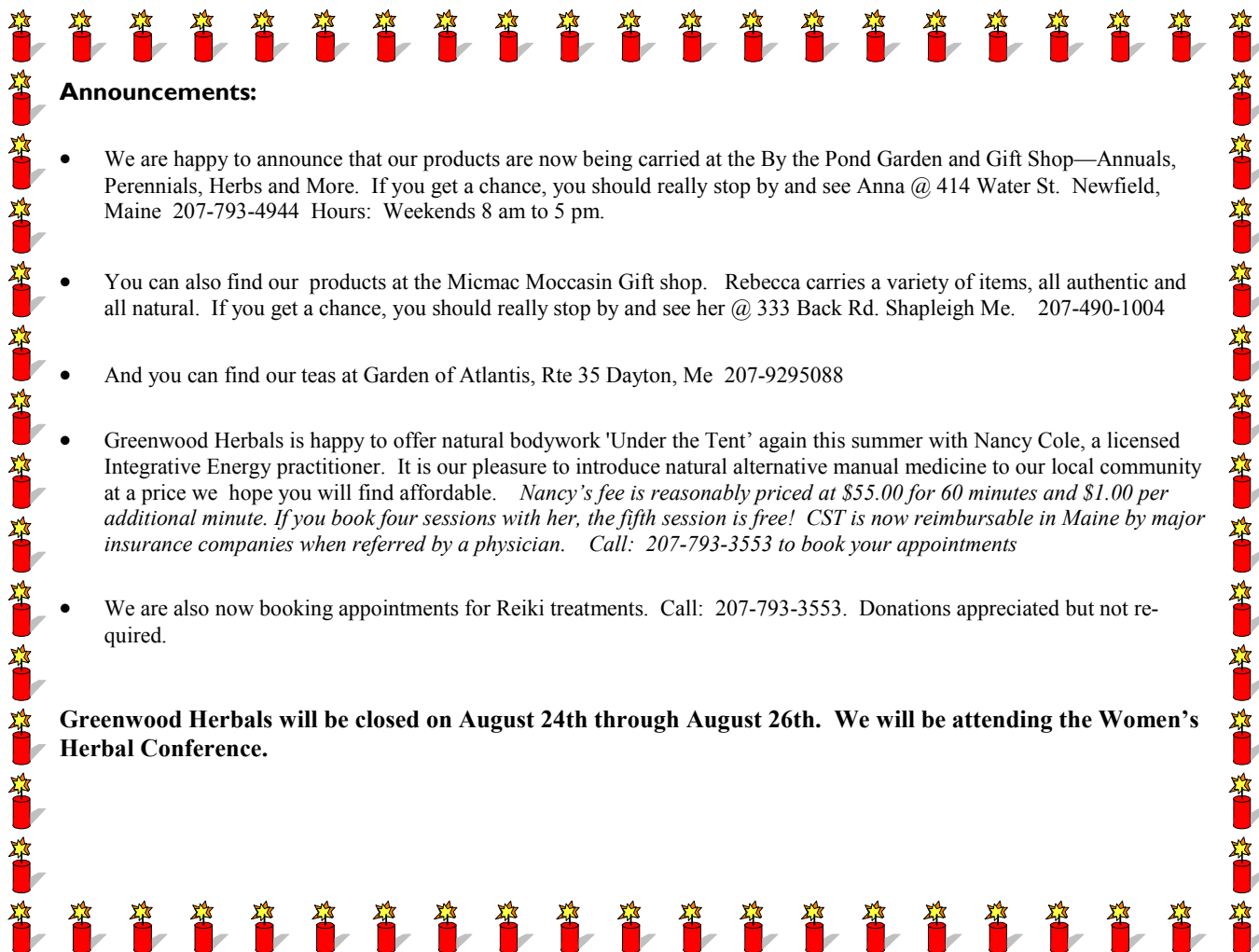
So there you have it. Our tree even provided a medicine. As most things do here at Greenwood.

Featured Products:

Joint Pain Cream—We have changed our formula to what we hope is an improved version of the original. It still carries that smell of valerian but it does dissipate after a few minutes. This hasn't stopped some of our customers from using it and returning for more!

Heal-All Salve—This salve contains comfrey, plantain and chickweed. We created this salve as a "heal-all" for scrapes, bumps and bug bites. Customers are also using it for psoriasis, and have found relief and healing.

Dot's Country Soap has made a custom soap with a comfrey oil base for some of our customers as well. They are all finding relief. We can't keep this soap in the shop! So if you would like a bar, please let us know and we will see if Dot can make you a custom bar as well.



Announcements:

- 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
- 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*
- We are also now booking appointments for Reiki treatments. Call: 207-793-3553. Donations appreciated but not required.

Greenwood Herbals will be closed on August 24th through August 26th. We will be attending the Women's Herbal Conference.