

Greenwood Herbals

November 2007

What's happening at Greenwood Herbals in November:

- More Classes
- Planting Garlic
- Putting the gardens to bed
- More Fairs

There are three more herbalists loose on the world. The apprentices graduated last month. It makes me feel wonderful that I was able to teach and pass this knowledge onto them. I am proud of each of them as they all passed their tests and each presented wonderful projects. They worked so hard to achieve this that congratulations need to go out to Amy, Cheryl, and Jane. We had a wonderful summer together and I enjoyed getting to know each of them and hope that each will continue on her path to healing others.



It's always with a feeling of joy, yet sadness when they leave to go on in their studies, but I can honestly say that each one comes back to visit and has remained a good friend. This network just keeps growing. Congratulations Ladies and may you continue to pursue your dreams and accomplish all your desires. I feel wiser from knowing each of you.

Sage —*Salvia officinalis*

Also known as Garden Sage, Common Sage, Kitchen Sage. This plant is hardy to our southern New England gardens. It is great for anyone living in zone 5 as it is not frost tender. Sage is a perennial that flowers from June to August with beautiful purple flowers. The seeds ripen from August to September, and prefers well-drained garden soil. It will tolerate drought, but will not grow in the shade. We harvest it all summer long, but avoid cutting it back late in the growing season so that it has a better chance of wintering over that way.



Edible Uses: The leaves are used as a flavoring in cooked foods and is often used in cooking foods that are heavy or cooked in oil. It can be used as a tea to aid in digestion. The young leaves and flowers can be eaten raw and the flowers added to salads for color.

Medicinal Uses: Sage has a long history of medicinal uses and is an important herbal remedy for the digestive system. It is very high in anti-oxidants and can be used to prevent food spoilage. Its antiseptic qualities make it an effective gargle for the mouth to heal mouth ulcers, sore throats and even the leaf can be applied to an aching tooth to relieve pain.

To make a gargle for a sore throat add a teaspoon of fresh or dried sage to a cup of hot water. Let it steep for 10 to 15 minutes, then strain off the herb. Let the tea cool down and then use it as a gargle. It is antihydrotic and has the ability to reduce perspiration, excessive salivation, night sweats and hot flashes. My husband has used it as a decongestant. Because it is so good at drying up and drying out, pregnant women, or women who are lactating, should not use sage. So unless, you are ready to wean, do not use sage medicinally. Though cooking with small amounts is fine. People who have epileptic fits should also avoid this herb as well.

Externally it is used to treat insect bites, skin, throat, mouth and gum infections. It can be used in hair formulas to rid hair of dandruff and restoring color to dark hair.

Some studies have shown that drinking one cup of sage tea can reduce blood sugar levels in diabetics.

This plant can be toxic if used excessively.

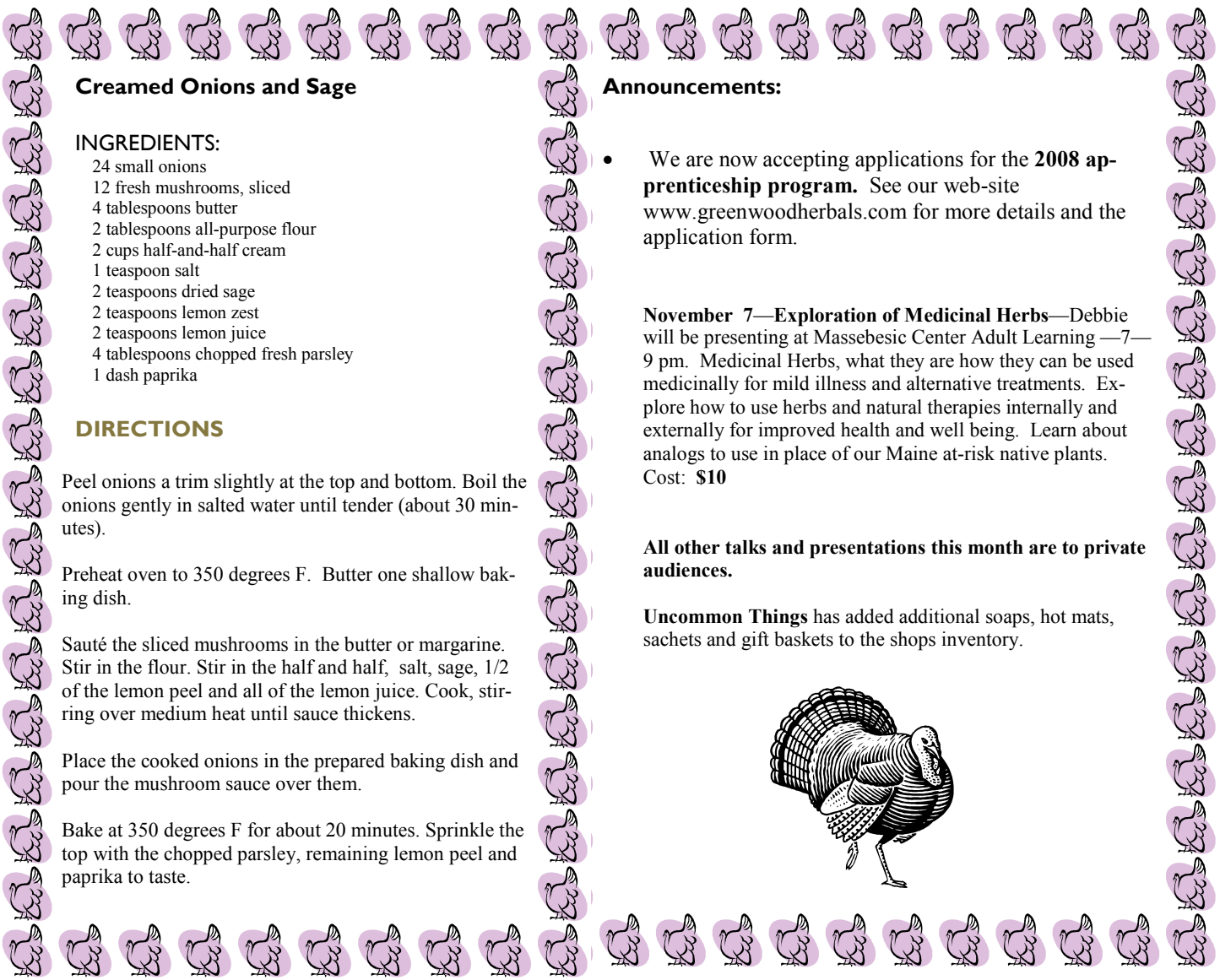
Other Uses: By rubbing the top side of the leaf over the teeth and gums, it becomes an excellent tooth cleaner and because the leaves contain antiseptic properties, it can heal gum disease. Growing this plant in your garden will repel insects, especially among cabbage and carrots. It has been used as a strewing herb and will fumigate a room if burnt.

It can also be harvested and made into sage bundles to hang and dry to make smudge sticks.

Folklore: There is a lot of folklore around sage. If eaten it is said to ensure a long life. It is carried to promote wisdom. It is also burnt to ward off the evil eye or to clear a room of unwanted entities and energy.

Our Winter hours are in effect We are open Friday through Sunday 10 am to 5 pm. I can always be reached via e-mail or even a phone call!

Since it has been hard to keep up the demand for organic eggs, we have adopted 5 more chickens to increase our egg production. We are selling **Organic Eggs** for \$3.00 a dozen.



Creamed Onions and Sage

INGREDIENTS:

- 24 small onions
- 12 fresh mushrooms, sliced
- 4 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups half-and-half cream
- 1 teaspoon salt
- 2 teaspoons dried sage
- 2 teaspoons lemon zest
- 2 teaspoons lemon juice
- 4 tablespoons chopped fresh parsley
- 1 dash paprika

DIRECTIONS

Peel onions a trim slightly at the top and bottom. Boil the onions gently in salted water until tender (about 30 minutes).

Preheat oven to 350 degrees F. Butter one shallow baking dish.

Sauté the sliced mushrooms in the butter or margarine. Stir in the flour. Stir in the half and half, salt, sage, 1/2 of the lemon peel and all of the lemon juice. Cook, stirring over medium heat until sauce thickens.

Place the cooked onions in the prepared baking dish and pour the mushroom sauce over them.

Bake at 350 degrees F for about 20 minutes. Sprinkle the top with the chopped parsley, remaining lemon peel and paprika to taste.

Announcements:

- We are now accepting applications for the **2008 apprenticeship program**. See our web-site www.greenwoodherbals.com for more details and the application form.

November 7—Exploration of Medicinal Herbs—Debbie will be presenting at Masebesic Center Adult Learning —7—9 pm. Medicinal Herbs, what they are how they can be used medicinally for mild illness and alternative treatments. Explore how to use herbs and natural therapies internally and externally for improved health and well being. Learn about analogs to use in place of our Maine at-risk native plants. Cost: **\$10**

All other talks and presentations this month are to private audiences.

Uncommon Things has added additional soaps, hot mats, sachets and gift baskets to the shops inventory.

