

Greenwood Herbals

October 2007

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
- Writing

I'm excited to write that twins were born a few weeks ago to my daughter. Jesse and Zoe arrived on September 11th at Maine Medical Center. Harley and Wyatt are very happy big brothers. We are all so happy that everything went so well, even though they were early. It was a sweet blessing to our sadness. Monkie, our cat, our old friend of 16 years, died in her sleep on the 7th. Sadness of death, and the happiness of new life. It reminds me of the cycles of nature and the plants. I walk around the gardens with the feeling of sadness as the energy is retreating, the plants storing up all the energy in the roots so that new life can once again spring forth in the spring. As death comes, so does new life— so it is with nature.

We are harvesting the roots of Dandelion, Burdock, Yellow Dock and Sarsaparilla now. We seem to be low on Yellow Dock this year too. I noticed that the chickens seem to like the leaf.
hmmmm

Yellow Dock —*Rumex crispus*

This plant is also known as Curly Dock, or curled dock. *Yellow Dock* is a common perennial that is from Eurasia and is now found throughout the United States and Canada. It grows in all soils, woodland shade and full sun. It does prefer moist soil. It reproduces by seed. These seeds germinate in early spring, late summer, or fall. The plant



may stay in its seedling stage over the winter. As the plant matures, it produces a fruit constricted by two seeds. One plant may produce up to 160 seeds. At maturity, the plant can grow up to 1 to 5 feet and the entire plant turns reddish-brown. It flowers between June and September and is pollinated by the wind. I harvest the root in the fall, but have heard from others that they prefer to harvest it in the spring. There are over 20 species of dock in this country, which vary in flower and leaf size but their medicinal and culinary uses overlap. In old texts they are not distinguished but were effectively used by herbalists in the same manner. The most popular were, yellow dock, broad-leaved or bitter dock and patience dock.

Edible Uses: The leaves can be eaten raw or cooked. They can also be dried for later use. The leaves can be added to salads, cooked as a potherb or added to soups. Only the very young leaves should be used, preferably before the stems have developed, and even these are likely to be bitter. If used in early spring and in the autumn they can often be fairly pleasant tasting. The leaves are very rich in vitamins and minerals, especially iron and the vitamins A and C. The roasted seed can be used for a coffee substitute.

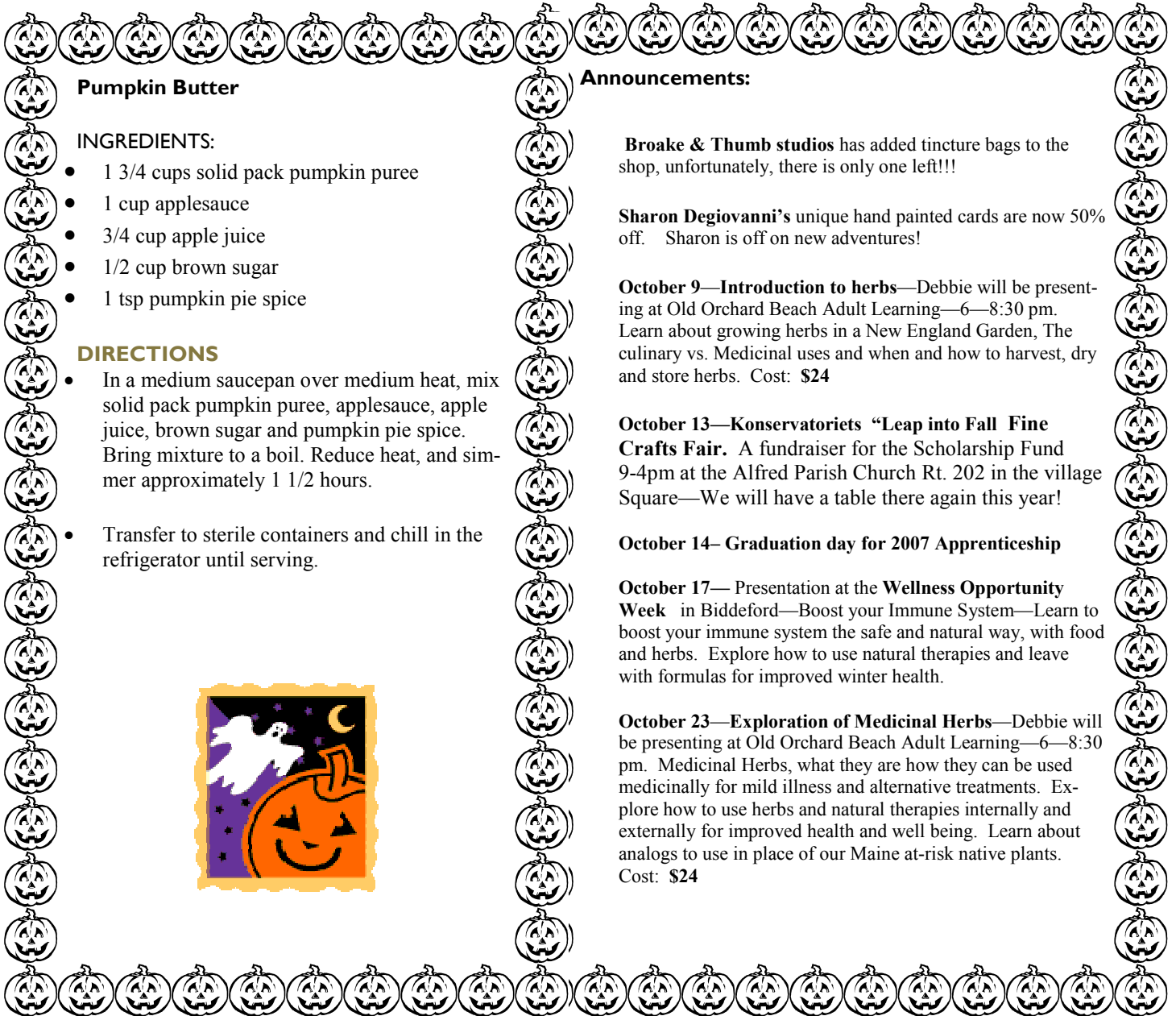
Medicinal Uses: Yellow Dock is a gentle and safe laxative. It is particularly useful in the treatment of mild constipation. The plant has valuable cleansing properties and is useful for treating a wide range of skin problems. All parts of the plant can be used, though the root is the most active medicinally. This medicine use to be sold as a tonic and a laxative. It can cause diarrhea if too much is used. It is also used internally for various blood disorders. Externally the root can be used as a poultice or a salve for chronic skin problems. Excessive doses can cause gastric disturbance, nausea and dermatitis.

Other Uses: Yellow, dark green to brown and dark grey dyes can be obtained from the roots. They do not need a mordant

Folklore: It is said that in Anglo-Saxon England, physicians used a mixture of the leaves and holy water to cure people believed to have been made ill by witchcraft.

Starting **October 1st**, we will be switching over to our Winter Hours and will be open Friday through Sunday 10 am to 5 pm. I can always be reached via e-mail or even a phone call!

We are now selling **Organic Eggs** for \$3.00 a dozen.



Pumpkin Butter

INGREDIENTS:

- 1 3/4 cups solid pack pumpkin puree
- 1 cup applesauce
- 3/4 cup apple juice
- 1/2 cup brown sugar
- 1 tsp pumpkin pie spice

DIRECTIONS

- In a medium saucepan over medium heat, mix solid pack pumpkin puree, applesauce, apple juice, brown sugar and pumpkin pie spice. Bring mixture to a boil. Reduce heat, and simmer approximately 1 1/2 hours.
- Transfer to sterile containers and chill in the refrigerator until serving.

Announcements:

Broake & Thumb studios has added tincture bags to the shop, unfortunately, there is only one left!!!

Sharon Degiovanni's unique hand painted cards are now 50% off. Sharon is off on new adventures!

October 9—Introduction to herbs—Debbie will be presenting at Old Orchard Beach Adult Learning—6—8:30 pm. Learn about growing herbs in a New England Garden, The culinary vs. Medicinal uses and when and how to harvest, dry and store herbs. Cost: \$24

October 13—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—We will have a table there again this year!

October 14— Graduation day for 2007 Apprenticeship

October 17— Presentation at the Wellness Opportunity Week in Biddeford—Boost your Immune System—Learn to boost your immune system the safe and natural way, with food and herbs. Explore how to use natural therapies and leave with formulas for improved winter health.

October 23—Exploration of Medicinal Herbs—Debbie will be presenting at Old Orchard Beach Adult Learning—6—8:30 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: \$24