

Greenwood Herbals

April 2008

What's happening at Greenwood Herbals in April:

- **Planning the new production gardens**
- **Starting Seeds**
- **Preparing for the new apprentices**

Our mission has been about providing herbal medicine that is grown locally to our community. I have always felt that our food and medicine is more effective when grown where we live, work and breathe. After all the plants are growing working and breathing in the same soil as us. Greenwood Herbals wants and needs to provide local medicine to it's community. We now find ourselves in a position where we can no longer meet that demand without expanding. It began in December. I started ordering local herbs outside of Maine, just to meet the demand of our customers and clients. We had already began clearing the land last summer, planning new gardens and raised beds for production in anticipation of this growth. I never expected it to come so quickly. We use a lot of plantain, dandelion, nettles and calendula in our medicine. In January we ran out of Plantain! Last month it was dandelion and nettle and now I find myself ordering Calendula. It's one thing to have to order dried herb but weeds? I never in my life thought I would be ordering plantain! Well our seeds are started for the nettles and calendula. I will not be starting these weeds which are so plentiful. But you can be certain that our production beds are going to be our number one priority this year during expansion.

Calendula— *Calendula officinalis*

Calendula is also known as Pot Marigold. It is an annual in New England that is in flower from June to November. This plant is pollinated by bees. Calendula will grow in all soils including nutritionally poor soil as long as it has good drainage. It grows best in full sun. The leaves and flowers can be used fresh or dried but should be harvested on a bright sunny day just after the dew has dried. We find that the best time to harvest is between 10 am and 2 pm. They are placed on screened trays and allowed to dry quickly with circulating air. We are harvesting this plant all summer, well into late October—early November.



Edible Uses: The leaves and petals are very rich in vitamins, such as Vitamins A & C. They are high in minerals and have as much nutritional value as Dandelion (*Taraxacum officinale*). The fresh petals can be chopped and added to salads soups and cakes. It can also be used as a saffron substitute. The edible dye can be used to color and flavor food such as rice. The flowers and petals can also be made into a tea.

Medicinal Uses: The skin is one of the organs of elimination and when toxins cannot move through the liver or kidney you will see rashes and other skin irritations. Calendula is one of the best known herbs in Western Herbal Medicine for the skin. It can be applied topically to bites, stings, sprains and wounds, by using poultices, compresses, salves and creams. It can also be taken internally for cleansing and detoxifying the body. We use it in our Radiant Skin tea, which helps flush the liver and kidney of toxins. Soon the skin will start to clear as well as any chronic infections. The entire plant can be used but the flowers and leaves are especially beneficial as an antiseptic, antispasmodic, or as an astringents. We use Calendula here at Greenwood just as much as we use Nettles and Plantain. It is one of our staples.

A Tea of the petals will tone the circulation and if taken regularly can ease varicose veins. Though I have never

tried this—I can think of some clients that might benefit from using this tea. Calendula stems can be crushed and applied to corns and warts making them easier to remove.

Other Uses: We use Calendula Blossoms in our shampoos for blondes as it lightens and brings out the natural highlights. It can also be used as a hair rinse, adding golden tints to brown or auburn hair. The flowers are also used cosmetically in skin lotions.

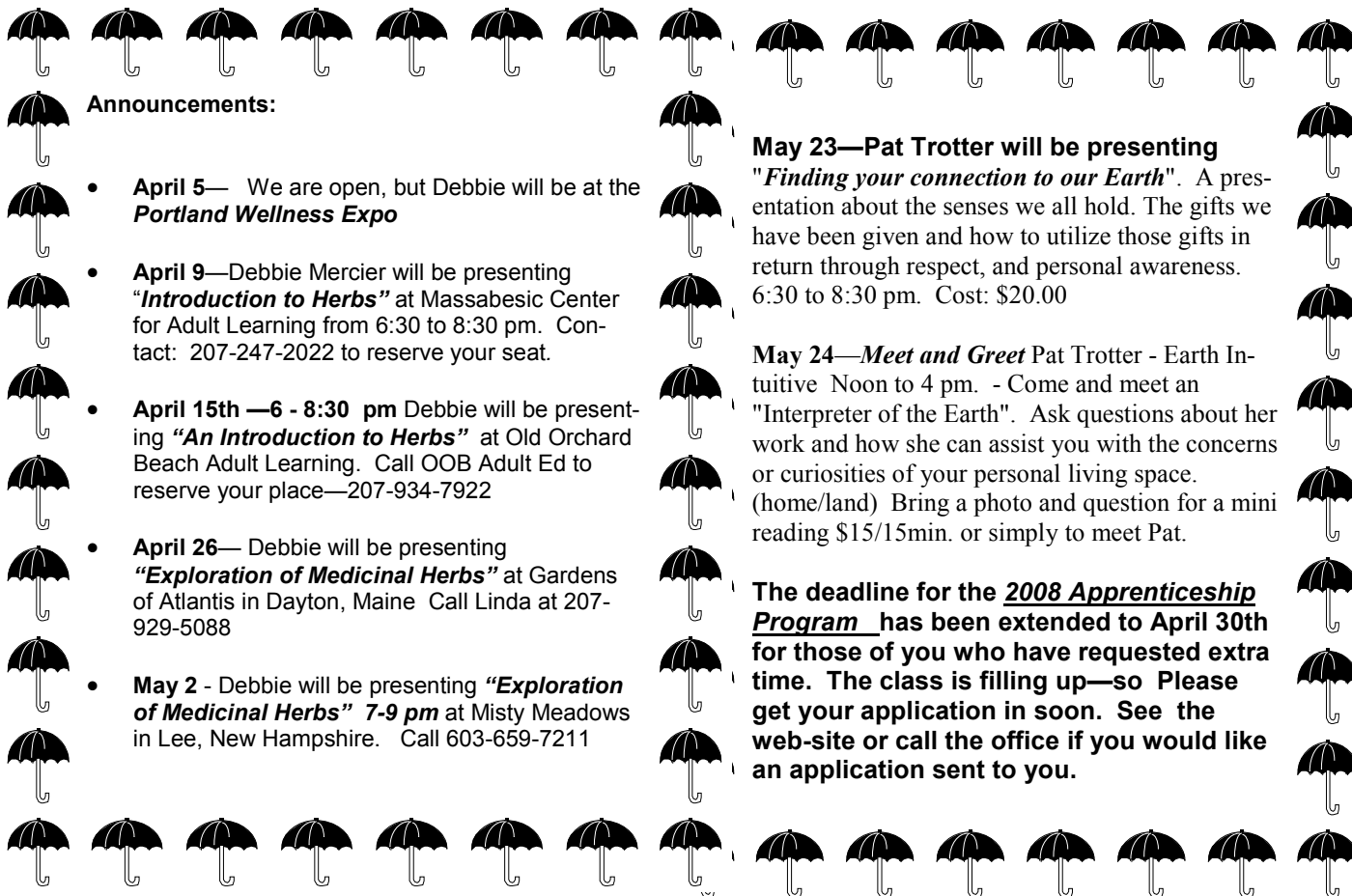
A yellow dye is obtained from the boiled flowers and the flowers can also be used for weather forecasting, as the flower will close when wet weather is in the forecast.

Calendula has so many other uses that it would be hard to put all those uses in this one newsletter. This plant is definitely one that belongs in your garden and should be researched. It is one of our favorites and is right up there with Nettles.

Featured Product: Shannon Wong has added more mortar and pestles to her display at the shop.

Shannon creates pottery in her studio in Westbrook, Maine. The pieces are inspired by nature using botanical themes. You can also check out her work at <http://wongpottery.com/>.

We are also working on those “buy buttons” you requested on the KA Jewelry page. Watch for them as they will be coming soon.



Announcements:

- **April 5—** We are open, but Debbie will be at the **Portland Wellness Expo**
- **April 9—**Debbie Mercier will be presenting **“Introduction to Herbs”** at Massabesic Center for Adult Learning from 6:30 to 8:30 pm. Contact: 207-247-2022 to reserve your seat.
- **April 15th —6 - 8:30 pm** Debbie will be presenting **“An Introduction to Herbs”** at Old Orchard Beach Adult Learning. Call OOB Adult Ed to reserve your place—207-934-7922
- **April 26—** Debbie will be presenting **“Exploration of Medicinal Herbs”** at Gardens of Atlantis in Dayton, Maine Call Linda at 207-929-5088
- **May 2 -** Debbie will be presenting **“Exploration of Medicinal Herbs” 7-9 pm** at Misty Meadows in Lee, New Hampshire. Call 603-659-7211

May 23—Pat Trotter will be presenting “Finding your connection to our Earth”. A presentation about the senses we all hold. The gifts we have been given and how to utilize those gifts in return through respect, and personal awareness. 6:30 to 8:30 pm. Cost: \$20.00

May 24—Meet and Greet Pat Trotter - Earth Intuitive Noon to 4 pm. - Come and meet an “Interpreter of the Earth”. Ask questions about her work and how she can assist you with the concerns or curiosities of your personal living space. (home/land) Bring a photo and question for a mini reading \$15/15min. or simply to meet Pat.

The deadline for the 2008 Apprenticeship Program has been extended to April 30th for those of you who have requested extra time. The class is filling up—so Please get your application in soon. See the web-site or call the office if you would like an application sent to you.