

# Greenwood Herbals

## August 2008

### What's blooming at Greenwood Herbals in August:

Agrimony  
Bed Straw  
Bee Balm  
Black Cohosh  
Boneset  
Borage  
Calendula  
Cardinal Flower  
Catnip  
Comfrey  
Echinacea  
Evening Primrose  
Feverfew  
Figwort  
Great Blue Lobelia  
Hops  
Hyssop  
Joe Pye Weed  
Lady's Mantle  
Lavender  
Lobelia  
Marshmallow  
Meadow Sweet  
Mullien  
Queen's Anne Lace  
Roses  
Wood Betony

My granddaughter, Deana is here visiting us from New Jersey and she has been spending a lot of time here, helping me with weeding and processing the dry herb. She has come over a few times to work right with the apprentices as they weed, harvest and hang the herb. When she was little she would work with me in the garden, and listen to me talk about the plants. She is now 17 years old and yesterday she stood next to me processing the dried herb with no instruction or direction on what to do. I was impressed. But then she asked me a question about Comfrey and how it pertains to tissue repair and I was amazed that she even knew to ask me this question! I realized that when she use to listen to me talk she was actually listening and retaining the information that I was giving to her. Wow! She is an herbalist in the making. We continued talking about the use of other plants and I felt pride swell in my heart as I had this interchange of knowledge with this young woman. She is leaving soon and I am going to miss her.

### Red Clover— *Trifolium pratense*

This has been a good year for Red Clover. For years I would plant this herb to feed the ground hogs so that they would leave my garden alone. It seemed to work, as the ground hog would graze in the red clover patch and never even turn their head towards the garden. That was before I learned the value of Red Clover. What a safe and effective herb that has a long history of medicinal usage. It is a member of the pea family, native to Europe but found throughout North America. Red Clover is a perennial that flowers from May to September, and the seeds ripen from July to October. It is pollinated by Bees, Butterflies and Moths. It will grow in all soils, does not like shade, so will be found in most meadows.



**Edible Uses:** The leaf and young flowering heads can be eaten raw or cooked. The young leaves are harvested before the plant comes into flower, and used in salads. The seed can be sprouted and used in salads also. A sweet herb tea can be made from the dried or fresh flowers and leaves.

**Medicinal Uses:** . It is commonly used to treat skin conditions, such as, eczema and psoriasis, and normally in combination with other purifying herbs such as Greater Burdock, *Arctium lappa* and Yellow Dock, *Rumex crispus*. It is a powerful alterative, helping to alkalinize the blood and is antispasmodic, anti-inflammatory and a diuretic. It has been used as an expectorant, for asthma and lung complaints and is said to retard the growth of carcinomas. The National Cancer Institute has found anti-tumor properties in red clover and it is used world wide for cancer. Herbalist recommend that 2 to 4 cups of the of dried red clover blossoms infused daily should be consumed in the treatment of breast, ovarian and lymphatic cancers. Externally the infused oil can be massaged into the affected area several times a day or by applying a poultice of the fresh blossoms. You could also use the blossoms of the daily infusion that is being consumed.