

Greenwood Herbals

December 2008

What's Happening at Greenwood Herbals in December:

- Filling Orders
- Making Product
- Planning the next class



I just returned from New Mexico. I had a wonderful time with my old friend Carla. I met and stayed with so many wonderful people, from Taos, Sante Fe, Albuquerque, to Portales. One day I would be hiking through the snow, visiting the Taos Pueblos to find myself the next day in the southern part of the state, climbing through white dunes at White Sands. I think my favorite place was Chaco Canyon. What an incredible place, with the ancient ruins, the Petroglyph trail and the Kiva's. The energy was phenomenal. It was an amazing eight days. I never stopped and I had such a wonderful time with Carla. I miss her so much! But I arrived home to my family, friends and clients who were all missing me as well. I was surprised to find my mailbox filled with orders and customers waiting for me to fill their orders as well. It took days to catch up. By the end of the week, I was wondering if it paid to leave, but thinking back on my wonderful journey, I would do it all over again.

People seem to be pro-active this season, and are stocking up on their cold and flu herbs. Elderberry syrup, as well as cough syrups that we make here are being moved off the shelves faster than I seem to be able to make it. Last night I sat down to write this newsletter, when the flu got the best of me. It stopped me dead in my tracks. I closed everything down and went to bed. I have the hardest time taking care of myself. My husband came home and went looking for my teaching binder, so that he could look at what I recommend for the flu. He pulled together the tea and let me sip it through out the night. The bone crushing symptoms were gone by this morning, thanks to the boneset.

Boneset —*Eupatorium perfoliatum*

Boneset is common in the eastern marsh areas of North America. It is a perennial growing up to 3 feet tall. It flowers from July to September, and will grow in most soils as long as it is moist but with good drainage, though it can survive some periods of drought. The leaves are very distinct with a double leaf, long, tapering, that is speared in the center by the hollow hairy stem. Perfoliatum means "leaves joined around the stem". The flowers are dense. Propagation is by seed or division. Seeds can be sowed in the spring. Division can be done in the spring and in the autumn planting the clump directly into its permanent location.



The leaves and upper blossoms should be harvested when in first bloom. The fresh plant should be used for extracts but dried for teas and infusions. Fresh boneset should never be used as an infusion.

Edible Uses: None

Medicinal Uses: .Boneset has traditionally been used in the treatment of fevers that cause bone pain. These fevers were referred to as "breakbone" fevers. It is used in the treatment of influenza, colds, acute bronchitis and has also been shown to stimulate resistance to viral and bacterial infections. It reduces fevers as a diaphoretic, encouraging sweating. It should be used with caution as large doses of the plant are laxative and emetic.

Boneset was used by North American's during the 1900's as a standard remedy for coughs, colds and fevers. It was used like quinine for intermittent fevers. The herb is unequalled in its effectiveness against colds. It is also being used in the treatment of rheumatic conditions and has been found to have an affect on the circulatory system as a stimulant, structural, respiratory and urinary system. When taken as a cold infusion, it is mildly laxative, to stimulate the appetite and for indigestion. In this case it should be taken cold 30 minutes before meal time. As a warm infusion, it is used to break up fever from colds and flu.

Other Uses: Was used by Native Americans for to assist in healing of broken bones as a topical plaster or poultice.

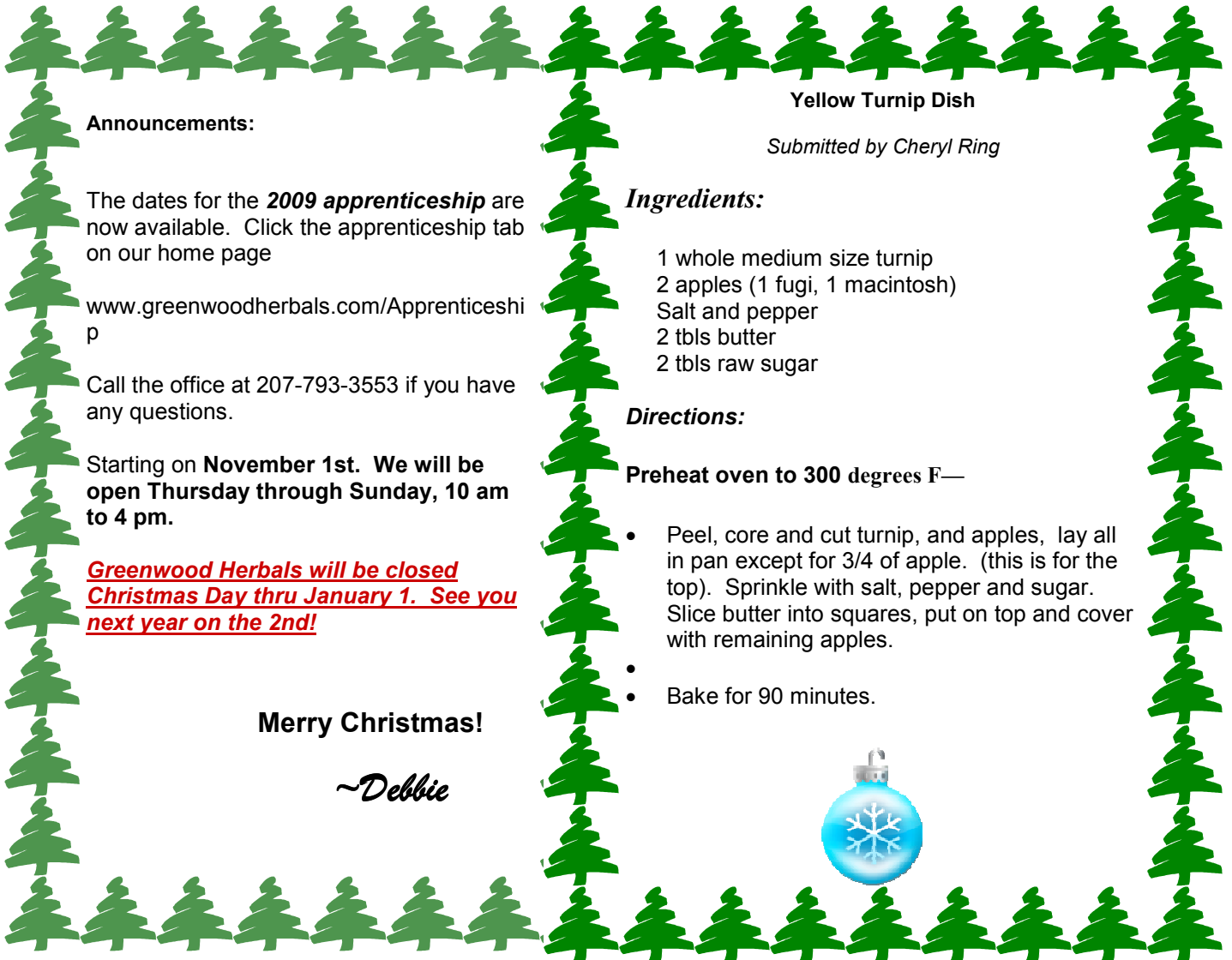
Folklore: The Chippewa tribe pulverized the root fibers and combined them with those of milkweed to make a whistle for calling deer.

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**Featured Product:** Flu Relief Tea and all other cold and flu relief herbs are available at Greenwood Herbals.

**Purple Angel Unique Creations** has added new products for Christmas to the shop.

**Carrie Weber** has added more hand painted ornaments to her collection.

We have a broad selection of Christmas gifts and ornaments including decorative soaps, wreaths, bags, dolls, quilts to name just a few. Don't forget your Christmas shopping at Greenwood Herbals.



**Announcements:**

The dates for the **2009 apprenticeship** are now available. Click the apprenticeship tab on our home page

[www.greenwoodherbals.com/Apprenticeship](http://www.greenwoodherbals.com/Apprenticeship)

Call the office at 207-793-3553 if you have any questions.

Starting on **November 1st. We will be open Thursday through Sunday, 10 am to 4 pm.**

**Greenwood Herbals will be closed Christmas Day thru January 1. See you next year on the 2nd!**

**Merry Christmas!**

*~Debbie*

**Yellow Turnip Dish**

*Submitted by Cheryl Ring*

**Ingredients:**

- 1 whole medium size turnip
- 2 apples (1 fugi, 1 macintosh)
- Salt and pepper
- 2 tbs butter
- 2 tbs raw sugar

**Directions:**

**Preheat oven to 300 degrees F—**

- Peel, core and cut turnip, and apples, lay all in pan except for 3/4 of apple. (this is for the top). Sprinkle with salt, pepper and sugar. Slice butter into squares, put on top and cover with remaining apples.
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- Bake for 90 minutes.