

Greenwood Herbals

January 2008

What's happening at Greenwood Herbals in January:

- More Classes
- Making Products
- Seeing Clients
- Expanding!



For the last few months we have been working on changing our logo. A lot of people are surprised when they finally come to visit Greenwood and discover that we are not a garden center or a nursery. Yes, we do sell some of our plants when people request them but we are basically here as an herbal apothecary, helping people who seek alternative health options and as a place to learn about medicinal herbs. So our difficulty has been how do we convey to the world what we really do without actually saying it. After all, Greenwood Herbals covers a broad context of what you can do with herbs.

Thanks to Amy Provost, we came up with the Mortar and Pestle. Carrie Weber took the sign at the end of the driveway and refurbished it. It now displays the logo. We are in the process of changing our labels and hoped to have all our products display the Mortar and Pestle by the time we reopen on January 4. This doesn't look like it will happen and may be an on-going process— People do get sick and we have found that we don't mind opening the store or delivering to people who need those teas, sprays or capsules to help them heal. That is why we are here. So we will do the best we can.

I am also excited about some new additions to our store and our on-line store. I was hoping to make this announcement by January, but will do this in the near future. We will also be offering unique jewelry through another vendor on our on-line store. We will keep you posted!

Cleavers — *Galium aparine*

Cleavers, also known as bedstraw, is a weak stem annual that grows hardy to zone 3. It will grow in all soils and will grow in full shade. It grows in the woods here at Greenwood. It is a sprawling plant that forms dense prickly mats. The stem is square and bristly and bears whorls of prickly lance-shaped leaves. Small white flowers in May and June produce tiny bristled fruits about 1/8 inch across. It is very hard to spot as it hides in thickets and woods, clinging in dense mats to other plants. Cleavers is a member of the madder family and a relative to Coffee. Some references will state that it is a great plant to grow in the full sun wild garden as it provides food for the larvae of many butterfly species. I have not had any luck with this plant in full sun. It is propagated by seed.



Edible Uses: This plant has a bitter flavor that most people find unpalatable. So it is best used in the spring when the shoot tips are tender and young. It can be eaten raw or cooked as a pot-herb. It can be added to vegetable soups and is said to be good for losing weight. This is probably from its powerful diuretic actions.

The seeds can be roasted as a coffee substitute and it's said that it only needs to be dried and lightly roasted to give the same flavor of coffee.

Medicinal Uses: The whole plant excluding the root is used. This plant is a valuable diuretic. We use it in our tea blends for swollen lymphatic. It is amazing how quickly we see results. We also use it in a number of blends for the urinary tract. It has a very healing, strengthening and toning effect on the entire urinary system. I have read that it can dissolve stones in the bladder. It is also taken to treat skin problems such as eczema and psoriasis. It is a great

cleanser and detoxifier. Because of this it has been used for serious illnesses, such as cancers. It is used both internally and externally in the treatment of glandular fever, tonsillitis, prostate disorders and is often part of a spring tonic drink. It is high in Vitamin C and was once used to curing scurvy. Unbelievable as it may seem, I just read a paper from a recent lecture given at the Herb Symposium, that stated that scurvy has shown up in our culture again! How can this be when we seem to have such a variety of fruits and vegetables in our supermarkets through all seasons. They state that it is not from eating locally grown foods or from eating only what is in season, but that it stems from the high protein diets.

We gather cleavers in the early summer to make fresh extracts and to dry for later infusions and teas.

Other Uses: A red dye is obtained from a decoction of the root. A yellow dye from the leaves and stems. You can also rub the plant on the hands to remove pine pitch. (tar).

Featured Product: Colon Cleanse—A two week Natural Colon Cleanse—\$25.99

These formula's are very safe and natural, not laxatives (you won't be running to the bathroom all day.)

The Merck Manual, the medical industry's standard text for the diagnosis and treatment of disease, tells us that colon degeneration is on the rise. The incidence of diverticulosis has increased dramatically over the last 40 years. In 1950, states had 10% of adults over age 45 with the disease. In 1955, 15%, 1972 30%, and in 1987 50%. The latest edition states that incidence "increases rapidly" over age 40 and that "every person will have many bowel pockets" if they live long enough. Every American adult will have herniation of the large intestine!

French Onion Soup

INGREDIENTS:

4 tsp butter
3 lg Vidalia onions, wedged and cut into strips
1/4 tsp sugar
1/8 tsp freshly ground black pepper
1/4 c red wine
2 C of beef broth
1 1/2 c of water
1/8 tsp dried thyme
1 heaping tsp of minced garlic in oil
Ext sharp cheddar cheese
Mini toasts

DIRECTIONS:

Melt butter in a large saucepan. Add the onion, sugar garlic and black pepper. Cook for approx. 15 minutes or until the onions are translucent. Remove from the heat and add the wine. Return to the heat and cook for an add'l 2 minutes or until the wine evaporates.

Add the broth wter and thyme. Cook for 10 minutes or until the liquid reduces. Place in a large soup bowl, top each serving with approx. 5 slices of cheddar and 5 small mini toasts. Broil until golden brown and serve.

This was submitted by Cheryl Shaw and I think it is one of the best French Onion Soups we have ever had.

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.

Classes and Workshops:

January 13th, 10 am to 3.30 pm, - **Want to Lose pounds? "Lose to Gain"** This is not just another diet however. This is an opportunity to learn a lifestyle which will take off all those extra pounds. But in the process you stand to gain:- vitality, energy and health. Jane Kuntz, herbalist will be presenting this workshop and it will include lunch. **Cost: \$25**

January 28th, 6:30 pm to 8.30 pm, - **Introduction to Herbs**—I will be presenting at Old Orchard beach Adult Learning. 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**

Call OOB Adult Ed to reserve your place—207-934-7922

