

Greenwood Herbals

July 2008

What's blooming at Greenwood Herbals in July:

- Arnica
- Bed Straw
- Bee Balm
- Bell Flowers
- Borage
- Calendula
- Clematis
- Comfrey
- Day Lilies
- Echinacea
- Elder
- Evening Primrose
- Feverfew
- Foxglove
- Hops
- Lady's Mantle
- Lavender
- Marshmallow
- Meadowsweet
- Mullien

I'm excited to tell you that the beds are now planted and we have begun the first of our harvesting. Calendula just keeps on giving and this is definitely the year for red clover. Yarrow is rampant, as is the St. Johnswort. It's always so exciting when the harvest begins. I have had a great need for Horsetail this year, which I put in my Calcium Plus tea, as well as different shampoo's and tinctures. As a matter of fact as soon as I dry a batch, it is gone within days.

We don't have a company on the east coast that we can order from directly for our herbs when we find ourselves with a shortage. We have to either grow more of them or order from larger companies from the mid-west or the west coast. Even with the expansion here, at Greenwood, I can see that I am not prepared to meet my demand for Horsetail! I've exhausted my own supply. I don't like ordering outside of New England as my entire mission statement has been about using local medicine. So I am really happy to tell you that Pam Carr and Adrienne Johnson, both from Maine, have started a new endeavor to provide local herbalists with plants that we need. They have the space and they are local. I just bought the most beautiful horsetail from them. Enough I hope to get me through the year!!! I can also tell you that other herbalists are also excited about their efforts to grow and provide us with our local medicine. I will keep you posted on their progress. I don't doubt that they will soon be up and running for all.

Horsetail— *Equisetum arvense*

Horsetail is a descendant of the giant ferns that covered the earth about 200 million years ago. The plant sends up hollow, jointed bamboo-like stalks. It prefers a moist, well-drained fertile soil with a pH of 6.5 to 7.5. This plant has a deep and penetrating root system and can be invasive. If you plan on growing this in your garden think about containing it in a large container which can be sunk into the ground. Horsetail needs no help in propagation. It usually spreads freely when it finds a good spot.



Edible Uses: The fertile young shoots that come up in the spring can be cooked and used as an asparagus substitute. They should not be eaten raw. The tuberous growths on the rhizomes can be eaten raw when collected in the spring.

Medicinal Uses: Though horsetail is not considered a major medicinal herb. It can absorb as much as 4 ounces of gold dissolved in water, which causes a lot of interest, since doctors often prescribe preparations containing gold for rheumatoid arthritis. Horsetail has been used for centuries, as an herbal remedy for joint pain.

It is rich in silica, yet contains several alkaloids (including nicotine) and various minerals. It helps speed the repair of damaged connective tissue, improving its strength and elasticity. The plant is a useful diuretic when taken internally and is used in the treatment of urinary tract problems. To help treat water retention use either an infusion or tincture.

Horsetail is high in selenium and should be used with caution. It should be used in medicinal amounts only through consultation with a qualified herbalist or practitioner. If horsetail causes upset stomach or diarrhea, you should use less or stop. Pregnant women and children under the age of two should not use it at all.

Other Uses: Horsetail was once used to scour pots, polish pewter and sand or shave wood. The infused stem is an effective fungicide against mildew, mint rust and blackspot on roses. It also makes a good liquid plant food.

A light pink dye is obtained from the stem.

Nancy Cole will be offering her Integrative Energy Bodywork once again 'Under the Tent' here at Greenwood all day Fridays. Call Greenwood Herbals at 207-793-3553 to schedule your time with Nancy.

Announcements:

- **July 11**—Darlene Chadbourne will be presenting **“Highway to the Heart II—Using the road less traveled”** from 6-9 pm at Greenwood Herbals. Cost: \$35.00 Call 207-793-3553 to reserve your seat. (See the web-site under events for further details or call to request a flyer).
- **July 25**—Darlene Chadbourne will be presenting **“Sacred Geometry”** from 6-9 pm at Greenwood Herbals. Cost: \$45. Call 207-793-3553 to reserve your seat. (See the web-site under events for further details or call to request a flyer).

August 10—“Ease and Safety for Home Canning your Harvest” Cost: \$25.00 Includes materials. This is an off-site class held at Stone Turtle Baking and Cooking School in Lyman, Maine. Call 207-793-3553 to reserve your seat.

This includes a demo and hands-on intro to the basics for safe methods for processing (“canning”) acid foods (fruits & tomatoes) in a boiling water bath, and, low acid foods (vegetables and meats) in a pressure canner. You will receive handouts for home canning, including: a list of canning equipment, USDA home canning recommendations, sources for home canning and recipes, and step-by-step instructions for canning using jars. And, you'll leave with the basic information to start home canning your own or purchased produce.

