

# Greenwood Herbals

## June 2008

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

- **Arnica**
- **Blue Flags**
- **Celandine**
- **Chickweed**
- **Columbine**
- **Comfrey**
- **Evening Primrose**
- **False Solomon Seal**
- **Feverfew**
- **Foxglove**
- **Iris**
- **Lady's Mantle**
- **Lavender**
- **Lupine**
- **Meadowsweet**
- **Peonies**
- **Pink Lady Slippers**
- **Sage**
- **Siberian Pea**
- **Stinging Nettle**
- **Solomon Seal**
- **Sweet Geranium**
- **Sweet Woodruff**
- **Thyme**
- **Yarrow**

### What are we harvesting:

- **Plantain**
- **Chickweed**
- **Comfrey**
- **Violet Leaf**
- **Meadowsweet**
- **Lady's Mantle**

Things are once more in full swing at Greenwood. Planting, weeding and harvesting are already in progress. The new apprentices have begun their studies and seem to be enjoying every moment of it. The expansion of our production gardens is underway and we are very excited by the amount of progress we have been able to accomplish, in such a short time, with the help of friends, family, and students.

We would like to thank several people. Bob Solomon for clearing the rest of the field and leveling the land. Dennis Manske for ordering and building the new raised beds. Amy and Jeff Provost for helping us set and place the frame of the greenhouse, Carrie Weber for her help in placing the new raised beds, and adding the weed barrier and Kelly Labbe for donating the Alpaca Manure. Yesterday the soil was delivered and tomorrow we will be filling those beds and proceeding with the planting. Thank you everyone for all your donations and help. It is all coming together!

## Lemon Balm— *Melissa Officinalis*

Lemon Balm is a perennial and can be easily started from seed or by root division. The branched upright stem is square and it grows to about 3 feet tall. It will grow in rich sandy and loamy soil. The whole plant has a lemony scent when crushed. The flowers are yellow-white. The flowers, leaves and stems can be harvested just as the flowers are about to open.



**Edible Uses:** The leaves are used as a flavoring in salads and egg dishes. A tea can be made from the fresh or dried leaves. They can also be used as a flavoring for beverages.

**Medicinal Uses:** The leaves and young flowering shoots are antibacterial, antispasmodic, antiviral, carminative, diaphoretic, digestive, emmenagogue, febrifuge, sedative, and a tonic. Balm contains a volatile oil citral and citronella which is strongly antispasmodic and aids in calming nerves, relieving menstrual cramps, insomnia, depression, hyperthyroidism, upset stomach, and colic in babies. Fresh crushed leaves are applied to wounds and insect bites. The essential oils in the fresh plant, particularly citronella make it a most effective insect repellent when crushed and rubbed on skin or clothes.

Lemon's balm's antiviral, anti-herpes properties seem to result from compounds in the herb, including tannins, that are known as polyphenols, which make this the first choice of treatment for herpes simplex. These compounds work to tame herpes outbreaks.

The body's cells have receptors that viruses latch on to when they're trying to take over the cells. The polyphenol compounds have the ability to latch on to the cells' viral receptor sites. They take up those spaces and prevent the viruses from attaching to the cell, thus preventing the spread of infection. Mints, especially Lemon balm contain antioxidant vitamins and selenium which strengthen the immune system. All mints contain at least four antiviral compounds that target the herpes virus.

**Folklore:** In ancient times Balm was planted by ones front door to drive away evil spirits. It was also used to draw bees to the hive. Avicenna, an 11th century Arab herbalist said "it causeth the mind and heart to become merry"

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**Featured Product:**

**Broake & Thumb Studios:** has added new bags and messenger bags to their inventory.

**Uncommon Things:** has added new soaps, kerchiefs, scarves and poncho's to the shop.

**Pat Trotter, Earth Intuitive**—has added framed art titled **"Pieces of Life"**.

**Purple Angel Unique Creations:** Has added wind chimes, necklaces and "wee babies" to her collection.

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**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:**



- **June 14** - Debbie will be presenting **"Exploration of Medicinal Herbs"** 2-5 pm at Lichenwood Herbals in Barrington, New Hampshire. Call 664-3393 to reserve your seat



- **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).



- **Coming this fall: "Preserving the Harvest."** More details to following on preserving your garden harvest. Space will be limited.



- **Due to the rise in feed costs our egg prices will be increasing to \$3.75 a dozen.**

