

Greenwood Herbals

May 2008

What's happening at Greenwood Herbals in May:

- **Coltsfoot**
- **Bloodroot**
- **Celandine**
- **Chickweed**
- **Ginger (American)**
- **Golden Seal**
- **Goldthread**
- **Linden Rose**
- **Lungwort**
- **Periwinkle**
- **Sweet Geranium**
- **Sweet Woodruff**
- **Trillium**
- **Veronica**
- **Violet**



The gardens have been cleared of all winter debris and the little plants are pushing their way up through the earth to greet the new season—spring. Greenwood is awakening again to new life. New plants and even the old are appearing once again. The bloodroot is in bloom as well as the coltsfoot in our gardens. Golden-seal is pushing her self through ground to meet the warmer air. You can look all around you and see the new baby green of spring. Three weeks ago, I was in despair of ever seeing the earth again under her blanket of white and it seems like in just a blink of an eye, everything popped and the ground broke with new life, birthing to a new season of gifting. New plants, new people, new students as well as the old and familiar who come to visit us once again.

Since a lot of the at-risk and endangered plants that are native to the northeast are now breaking through to show their little heads, I decided to write about one of them this month. All winter I have been speaking to groups about these plants and what to use in place of them. I do not use or sell these plants, but rather I will use plants that are called analogs. These plants have just as much medicine and power as our endangered friends and I have used them quite successfully. It has become a passion of mine to educate others about this subject.

Goldenseal— *Hydrastis canadensis*

Goldenseal loves the rich soil of the hardwood forests and can be found growing in the eastern half of the United States. It will grow in Zone 3 and prefers acid soils. It flowers in May and June. The seeds ripen between July and August. It prefers dappled to deep shade. Because of over-harvesting for commercial use, it has been decimated in wild populations in its woodland habitat. Habitat destruction has been a concern for this plant well over 100 years. It is easier to find this plant under cultivation than it is in its wild habitat.



Edible Uses: None

Medicinal Uses: Goldenseal is a traditional medicine of the North American

Indians. Normally the root is used, thus the taking of the entire plant and its destruction. The root is used internally and externally for its antiseptic and antimicrobial actions. . But studies have proven that the medicinal properties of the leaf are just as effective as the root. In the nineteenth century it acquired the reputation as a heal-all and this reputation continues today. Goldenseal increases hypertension and has the potential to cause liver distress. It is a powerful potentially toxic herb and must be used wisely. Combining Goldenseal with Echinacea is overkill. It is not necessary. If you do use it internally you should take no more than 15 to 30 drops. More than that acts like a laxative and may impair liver function.

It's astringent qualities make it quite effective for skin disease, sores, ulcers, eczema, and ringworm. The Native Americans used it to shrink cancerous tumors but again, it must be used carefully as it can cause liver damage.

Plants to use in place of Goldenseal that we use and carry in the shop are Usnea, Garlic, Plantain, Barberry and Nasturtiums. Another plant that we have found that works as an anti-biotic, astringent and is valued for its intestinal and external disinfectant qualities is Purple Loosestrife. Purple Loosestrife which is the bane of Maine, turns out to be the plant that is replacing our beloved endangered Goldenseal. There is just so much more I can say about Goldenseal and the analogs that can be used in place of it, but again, space is a constraint here. If anyone is interested in learning more, just come and see me, send an e-mail, or call me!

Featured Product: His and Herbs cleaning products— Scrubbing powders, surface spray's window and glass cleaners, Soapberry shells, just to name a few are now being carried in the shop! Come into the shop or check it out at www.hisandherbs.com.

Blessings of Wellbeing - has placed beautiful Native American smudge feathers, gourd drums and beater, sweet grass braids and wands in the shop.

Nancy Cole will be offering her Integrative Energy Bodywork once again 'Under the Tent' here at Greenwood all day Fridays beginning May 16th. Nancy is trained in Cranio-Sacral, Basic Acupressure, and Somato Emotional Release®. This energy healing work treats physical ailments as well as helps to shift blocked emotional and mental energy, increasing the body's vitality. This vibrational healing bodywork is excellent for stress-related illnesses or for chronic health conditions or simply as a means to discover your 'inner physician' wisdom. It is Nancy's pleasure to work on people of all size and age. To learn more about Nancy and her practice, please visit 'Staff' on our website at Greenwoodherbals.com. Nancy has a private energy healing practice in North Waterboro.

May 8th we go to our summer hours. We are now open on Thursday thru Sunday 10 am to 6 pm. .

Announcements:

- **May 2** - Debbie will be presenting "**Exploration of Medicinal Herbs**" **7-9 pm** at Misty Meadows in Lee, New Hampshire. Call 603-659-7211
- **May 6**—Debbie will be presenting "**Exploration of Medicinal Herbs**" at Old Orchard Beach Adult Learning. Call OOB Adult Ed to reserve your place—207-934-7922
- **May 17th—18th** 2008 Herbal apprenticeship Program begins
- **May 23**—Pat Trotter will be presenting "**Finding your connection to our Earth**". A presentation about the senses we all hold. The gifts we have been given and how to utilize those gifts in return through respect, and personal awareness. 6:30 to 8:30 pm. Cost: \$20.00

• **May 24**—**Meet and Greet** Pat Trotter - Earth Intuitive Noon to 4 pm. - Come and meet an "Interpreter of the Earth". Ask questions about her work and how she can assist you with the concerns or curiosities of your personal living space. (home/land) Bring a photo and question for a mini reading \$15/15min. or simply to meet Pat.

• **There are still 2 seats available for the 2008 Apprenticeship Program If you are interested See the web-site or call the office if you would like an application sent to you. I must know by May 11th so that your packets can be ready for you.**

~Debbie