

# Greenwood Herbals

**November 2008**

What's Happening at Greenwood Herbals in November:

- Processing Herb
- Planting the Greenhouse
- Putting the gardens to bed



I would like to introduce the graduating class of 2008. From left to right Pam Carr, Norma Gassett, Michelle Fortin, Elizabeth Peoples, Lori Anthony and Jessica Cole. What a class! What a summer! It was full of adventures, projects and fun. Many were compatible in their interest and pursuit of animals. I am always amazed how this happens. How people of the same interests come together in one class. I have to tell you that I learned so much! A lot about animals. Congratulations to each and everyone of you. May your desire of the green world take you to further and greater heights. I'm so excited for all of you.



Once the apprentices graduated, we started to really focus on the greenhouse and getting it ready for winter. Thanks to Amy and Jeff Provost for donating and helping us put up the plastic. We are planting the beds now and getting the row covers ready for our winter greens. I am so excited to have the ability to grow our own cold hardy greens this winter. Now it is on to the raking so that the gardens are covered and under their blankets of leaves. We have quite a few oaks that are donating their canopy just this task.



## White Oak — *Quercus Alba*



A very large tree, reaching up to 100 feet tall and several feet in diameter. White oaks that grow in the open develop into massive broad topped trees with great limbs striking out at wide angles. In the forest it reaches magnificent heights. It grows at a slow rate, and can live as long as one thousand years. It is pollinated by the wind and can be found growing mainly in the East of the United States. The leaf is alternate, simple, oblong to ovate in shape. It has 7 to 10 finger-like lobes. The bark is whitish to ashy gray, scaly on smaller stems to irregularly platy or blocky on large stems. Older trees can have smooth patches.



**Edible Uses:** The seed can be roasted and used as a coffee substitute. The acorn use to be a staple of the Native American diet, where it was leached, dried and ground into flour. Acorns were also stored to ensure a continual winter food supply. It is also a food supply for turkey's, pheasants, Jays, woodpeckers, rabbits, squirrels and deer.

**Medicinal Uses:** There are two species of the oak tree with the same medicinal properties. One is native to England (*Quercus robur*) and the other to the United States (*Quercus alba*). The bark is high in tannin and quercetin. It contains manganese, calcium, iron and zinc. Tannins bind with protein of the tissue, making it impermeable to bacterial invasion and infection, while strengthening the tissues. It is one of the strongest natural astringents available. It is also an anti-inflammatory and an antiseptic.

It is ideal for treating diarrhea, hemorrhoids and varicose veins. It can also be used to treat irritation caused by poor digestion, ulcers, strep throat and skin problems. The oak galls are even higher in tannins than the bark. We highly recommend it for diarrhea. It is one of the strongest natural astringents and will not cause constipation as other anti-diarrheal medications do.

**Other Uses:** A mulch of the brown leaves will repel slugs, and grubs. We recommend that you shred them first, or if using as a winter mulch, be sure to rake whole leaves off the garden in the spring. A brown dye without the use of a mordant is obtained from the bark and from the galls. A yellow chrome or gold can be obtained if a mordant is used. The wood is strong and very heavy. It is one of the most important timbers of North America for cabinet making, construction, and agricultural tools. It is also an excellent fuel.

**Folklore:** This tree was sacred to the Druids and was a symbol of fertility and immortality. European and American women would carry an acorn as a talisman in the hopes of getting pregnant. In Nordic mythology it is associated with the thunder gods as Oak Groves attracted lightening. People would place acorns on their window sills to ensure that their homes would not be hit by lightening. To the Romans, the oak symbolized bravery and military heroes were often crowned with a wreath of oak leaves.

**Featured Product:** **White Oak Bark Herb and White Oak Bark Extract** is available at Greenwood Herbals.

**Broake and Thumb Studios** has added new bags to the shop.

Announcements:

We are happy to announce that our products are now being carried at Apple Acres Orchard in South Hiram, Maine!

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 November 8th—November 16, 2008—I will be visiting friends in New Mexico!**

**November 23**, we will be at Garden of Atlantis in Dayton, Maine for their holiday fair. Come and see our booth as well as other vendors. 11 am to 4 pm.  
See "<http://gardensofatlantis.org/>" for directions.



**Cranberry-Pumpkin Cookies**

**Ingredients:**

- 1/2 cup butter, softened
- 1 cup white sugar
- 1 teaspoon vanilla extract
- 1 egg
- 1 cup solid pack pumpkin puree
- 2 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup cranberries
- 1 teaspoon ground cinnamon
- 1 tablespoon orange zest
- 1/2 cup chopped walnuts

**Directions:**

**Preheat oven to 375 degrees F—Grease cookie sheets.**

- In a large mixing bowl, cream butter and sugar until light and fluffy. Beat in vanilla, egg and pumpkin. Sift together the flour, baking powder, baking soda, salt and cinnamon; stir into mixture until well blended. Cut the cranberries in half and stir into mixture along with the orange zest and walnuts. Drop by teaspoonfuls onto cookie sheets.
- Bake for 10 to 12 minutes.

Yields about 36 Cookies