

Greenwood Herbals

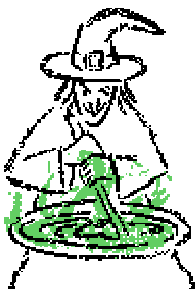
October 2008

What's blooming at Greenwood Herbals in October:

Borage
Calendula
Echinacea
Witch Hazel

What's Happening at Greenwood Herbals in October:

Collecting seeds
Harvesting
Processing Herb



We are in the middle of our harvest. Cutting, hanging, drying, processing, storing. There seems to be no time for anything else. Now that it is seven days into October and I have a moment to sit this evening, there is no better time than now to write this newsletter. A friend stopped by the other day and we took a walk out into the woods to see if the witch hazel was in flower yet. I wanted to mark the trees so that I can return after their leaves fall and take some twigs for extract. Some will tell you that the witch hazel you buy at the drug store is good enough, but I disagree. If you have ever used witch hazel extract as an astringent, you will never go back to the steam distillation witch hazel that is commonly bought in the store. Last spring I was out of my own extract, so I anxiously went out and harvested to make an extract after the new leaves first appeared. Normally, I do this in the winter after the leaves have fallen, it still turned out to be a good product but I have decided to return to the woods, to get it as I usually do when it is in flower and has lost its leaves. I think it is worth the comparison and I want to see if there is any difference in the timing.

Witch Hazel — *Hamamelis virginiana*

A small deciduous tree or shrub that rarely grows to 25 feet high, that defies the laws of the plant calendar. This plant flowers in the autumn, as it loses its leaves. The flowers are clustered, greenish, with 4 yellow ribbon-like petals. They resemble little yellow spiders. It grows prolifically through the forests at Greenwood. Wherever you find dappled shade or a sunny edge, you will find a Witch Hazel growing. It will grow in most soils as long as it is well drained. It is slow growing and takes about 6 years to flower from seed.



Edible Uses: A tea can be made from the leaves and twigs. I personally have never tried this.

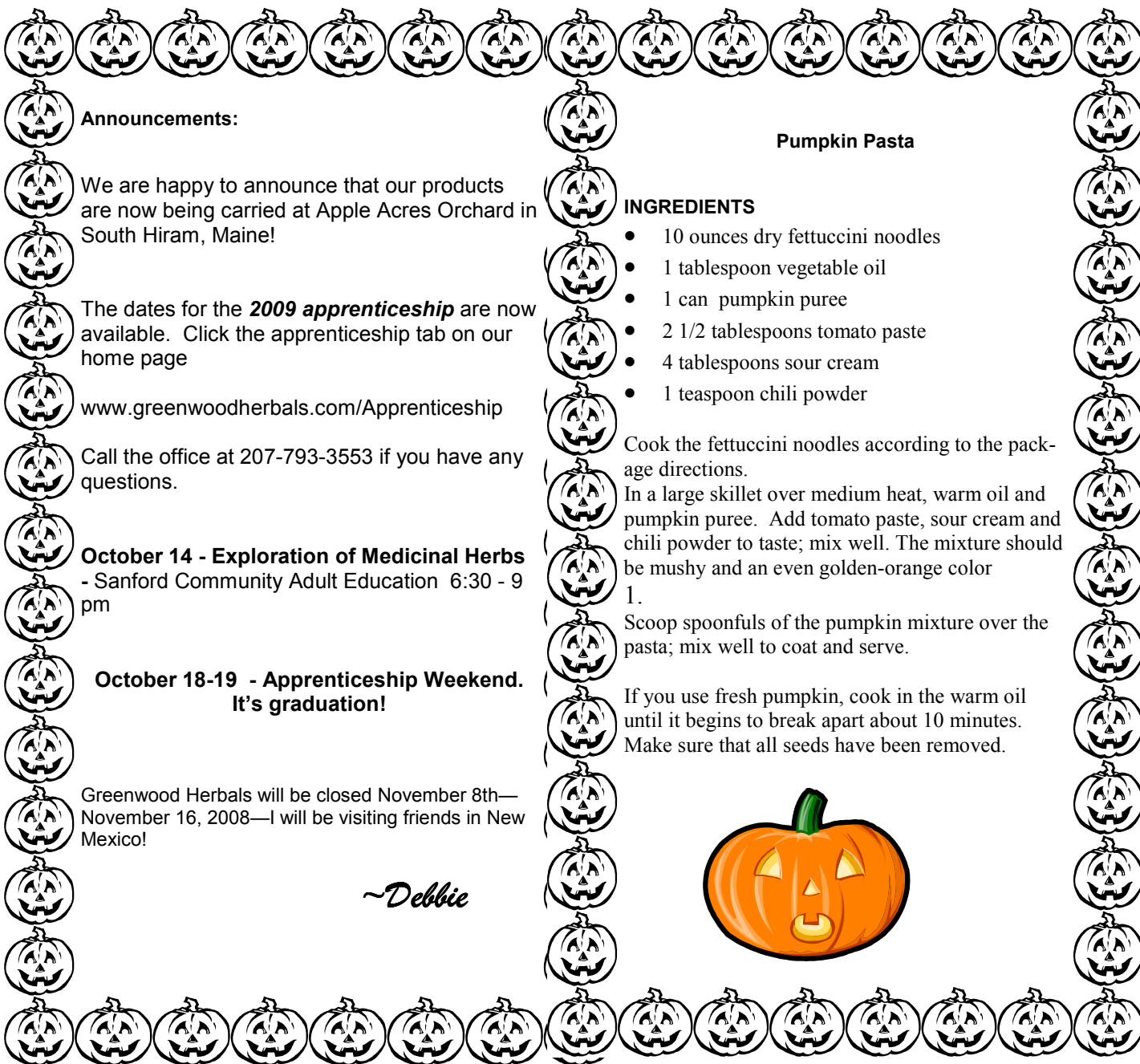
Medicinal Uses: . This plant has been used by North American Native people as an astringent to heal wounds, to treat tumors and for eye problems. The tannins in the bark contain the astringent and homeostatic properties. The bottled witch hazel that is steam distilled does not contain the tannins, so is less effective than the tincture. Witch Hazel bark can also be used internally to treat diarrhea, colitis, dysentery, hemorrhoids and internal bleeding. The leaves can be harvested in the summer, used fresh or dried for later use. An infusion of the leaves can reduce inflammation, and eye inflammations.

We carry Witch Hazel Extract that has been harvested and tinctured right here at

Greenwood. We love it, and honestly believe that once you use it, you will never go back to the steam distillation product that is found on the store shelf.

Other Uses: It is used as an ingredient in almost any preparation made to relieve capillary weaknesses, whether cosmetically or internally. The twigs have been used in the past as dowsing rods for water divining .

Featured Product: We are happy to announce that **Paniskoi Herbals** has added beautiful old fashion soaps to the shop. Lavender and St. Johnswort, as well as Comfrey and Basil. We look forward to other products that will be added later. We will keep you informed of additional products as they are added.



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

Call the office at 207-793-3553 if you have any questions.

October 14 - Exploration of Medicinal Herbs
- Sanford Community Adult Education 6:30 - 9 pm

October 18-19 - Apprenticeship Weekend.
It's graduation!

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

~Debbie

Pumpkin Pasta

INGREDIENTS

- 10 ounces dry fettuccini noodles
- 1 tablespoon vegetable oil
- 1 can pumpkin puree
- 2 1/2 tablespoons tomato paste
- 4 tablespoons sour cream
- 1 teaspoon chili powder

Cook the fettuccini noodles according to the package directions.

In a large skillet over medium heat, warm oil and pumpkin puree. Add tomato paste, sour cream and chili powder to taste; mix well. The mixture should be mushy and an even golden-orange color

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Scoop spoonfuls of the pumpkin mixture over the pasta; mix well to coat and serve.

If you use fresh pumpkin, cook in the warm oil until it begins to break apart about 10 minutes. Make sure that all seeds have been removed.