

Greenwood Herbals

January 2009

What's happening at Greenwood Herbals in January:

- Making Products
- Filling Orders
- Seeing Clients
- Working on the 2008 book

It's quiet. The snow is falling again. All sounds are all muted by the white cushion of cold surrounding me. I was just outdoors checking on the shop and the chickens in their coop and I had to stop and just listen to the silence all around me. I saw the headlights of a car slowly moving down Rte 160 and even the noise of the engine seems muffled in the softly falling snow. It is the end of the year. What will 2009 bring? I can only hope that it will be a wonderful, prosperous year for all. That we will all do what we need to do to make this year one about change - change for a better, kinder world. Happy New Year to you and your loved ones and may this newsletter find you all warm and cozy this holiday weekend.

I've been working on my Flower Essence certification. My plant study has been about the Echinacea plant. So I thought I might share some things with you.

Purple Cone Flower — *Echinacea spp.*

Echinacea, is also known as the purple cone flower. Echinacea is actually the genus of nine species that are native to North America. All will grow in most soils, as long as it has good drainage. It will tolerate drought. There are three species that are used medicinally. The most common is *E. Angustifolia*. The most widespread is *E. Purpurea*. *Purpurea* is the only species with a fibrous root. All other species have long tap roots. *E. Pallida* is a larger plant growing to about 4 feet and is distinguished by its white pollen (all the other species have yellow pollen). The most common growing in our New England gardens is *Echinacea Purpurea*. You will find the species *Echinacea Angustifolia* growing in the Midwest prairies. Because the prairies are diminishing in size due to growth, development, and the expansion of corn fields. *E. Angustifolia* is now on the Plants-At-Risk list.



E. purpurea is commercially cultivated and not wildcrafted, which makes it the best medicinally of the species, hopefully preserving the *Angustifolia* species.

Edible Uses: The only thing that I could find was that the leaves were edible but nothing more. I'm not sure I would eat Echinacea as a food when it is such a powerful medicine.

Medicinal Uses: The whole plant is used. Root, leaf, flower and seed. It is anti-microbial, anti-inflammatory, anti-septic, adaptogen and an alterative. It is thought to serve as a stimulant to the body's immune system by activating white blood cells, making it difficult for foreign bodies to infect the cells. It is one of the most popular herbal remedies for respiratory infections. It is used in the treatment of the common cold, and topically in the treatment of wounds and burns. Because Echinacea is an immunostimulant plant, it should probably be avoided when there is an autoimmune condition present. This would include any autoimmune disease, such as multiple sclerosis, or white blood cell disorders, hypersensitivity reactions, or organ transplants. On the other hand, it is probably safe to say that these plants are important in conditions related to inadequate or compromised immune systems. Compromised immune systems can be caused by pathogens, parasites, and inadequate immune responses to cancerous changes in the body's cells. It is a mistake to view a plant simply as an immunostimulant. One must also take into account the plant's myriad

effects and also look at the diversity of each individual person, who's condition might involve cancer, or infections or even immunodeficiency disease (AIDS). Again there is much controversy around AIDS and Echinacea. An AIDS patient may want to talk to their Health Care Practitioner first.

When I feel a cold coming on, that little niggling feeling in the back of the throat, I begin taking Echinacea every 3 to 4 hours in small doses. The cold never manifests and all symptoms are usually gone within 4 days. I do not recommend that a person take Echinacea on a long term basis. I look at it as an overuse of an antibiotic.

As a Flower Essence it is healing on all levels and has been found to strengthen the immune system. In the case of autoimmune conditions, hypersensitivity and organ transplants, I may use the essence instead.

Please note: I have been thinking and researching different ways to bring you this newsletter. At this point I convert the file into a PDF so that most of you can read it. Many people are moving over to MAC's and have found it difficult to open my links. I may keep this method in place for those of you who do enjoy reading and re-printing the newsletter. I will continue to mail out the paper copy to those of you who do not have a computer, but I may also have a different means of getting this newsletter to you soon. I hope to have this in place for the February newsletter.

Early Bird Registration for the 2009 Apprenticeship Program is **February 1, 2009** Register before February 1st and save \$125.

See our web-site www.greenwoodherbals.com for more details and the application form.



Thanks to Robin Fottler for submitting this raw food recipe from the book "Ani's Raw Food Kitchen" by Ani Phyto

Walnut Cranberry Squash "Rice"

INGREDIENTS:

- 1 sm butternut squash, peeled seeded and cut into 2inch cubes.
- 1/2 small yellow onion, about 1/2 cup chopped
- 1 T cumin seeds
- 1 T coriander powder
- 1/2 c. cilantro leaves, chopped
- 1 c dried cranberries
- 1 c walnuts, crushed
- 1 tsp sea salt

DIRECTIONS:

.Put small batches of cubed squash in a food processor and process into small pieces. Put processed squash into a large bowl. Add remaining ingredients and mix well. Will keep for 2 days in the fridge.

Announcements:

- We are now accepting applications for the **2009 apprenticeship program**. See our web-site www.greenwoodherbals.com for more details and the application form.

I took part in Greenwood Herbal's apprenticeship in 2007 and it was a great joy to me. I grew up loving herbs – my mother always grew a few, and she knew the wild ones around our village. I had always wanted to learn more and to have an herb garden of my own. One day I stumbled upon her store in search of cowslip, and I was excited when I met Debbie and learned of her apprenticeship. I looked forward to each training weekend with great anticipation, and learned wonderful things each time, and in between times I cleared the hillside below our house and began my dream garden. One of its star occupants is the cowslip that Debbie grew for me from seed. As the apprenticeship progressed I knew I didn't want to end here. So I enrolled with Clayton College for their Master Herbalist training. I have just completed my first year, and have all A's. I know it's because of the excellent grounding I received with Debbie, plus the enthusiasm I caught from her. I cannot recommend her apprenticeship highly enough!

Jane Kuntz