

# Greenwood Herbals

July 2009

- **What's blooming at Greenwood Herbals**

- Bee Balm
- Bell Flowers
- Borage
- Calendula
- Clematis
- Comfrey
- Day Lilies
- Echinacea
- Elder
- Evening Primrose
- Feverfew
- Foxglove
- Hops
- Ladys Mantle
- Lavender
- Marshmallow
- Meadowsweet
- Mullien
- Yarrow

- **What we are harvesting at Greenwood Herbals**

- Borage
- Calendula
- Comfrey
- Evening Primrose
- Feverfew
- Ground Ivy
- Hops
- Lavender
- Marshmallow
- Meadowsweet
- Mugwort
- Mullien
- Plantain
- Raspberry Leaf
- St. Johnswort
- Wormwood
- Yarrow

We had four days in June that it did not rain. There is still a huge cloud sitting over New England as I write this. I tell myself that we are blessed because there are parts of the country that are drought stricken and in much need of water. Yet I long for the sun that we lacked in our long cold stormy winter, cold spring and now our summer. The sun that we still anticipate will come. We sit and we wait. Watching our gardens which stand dormant. Our harvests still standing in the garden and field. It's too wet to harvest our medicines. We watch as some pass before our very eyes. There is promise of sun this weekend. We all clap and jump for joy. My grandchildren are doing sun dances in the gardens as we all pray for just a little bit of sun. Water is an essential constituent of all living things. We need it to survive. The human body is about 60 percent water. This made me think of the correlation of our swollen rivers and waterways in Maine, (is anyone here not under the threat of a flood watch?) and the ecosystem of our body. The urinary system. It regulates the volume and composition of fluids in our bodies and removes waste products and excess fluids. With all this rain, I think of mother nature clearing herself of toxins and I can't help but think of the bearberry.

## **Bearberry—*Arctostaphylos Uva Ursi***

The natural urinary antiseptic. This plant is used as a ground cover, and can be found in woodland, sunny edges or dappled shade. This is nature's best remedy for urinary tract, bladder or any related urinary infections. It helps reduce the accumulation of uric acid, and relieves the pain of bladder stones and gravel. We use the dried leaf in tea or extracts. This plant has been recorded as being used medicinally as far back as the 2nd century. Also, known as kinnikinnik (Indian smoking herb) by the Native Americans, research has determined that uva ursi has an antibacterial property which fights infection. This chemical is hydroquinone. It also contains tannins that have astringent effects by helping to shrink and tighten mucous membranes in the



body. That in turn helps reduce inflammation and fights urinary tract infection and cystitis (bladder inflammation). But there is a catch to using this plant. In order to receive the greatest antiseptic benefit, the urine must be alkaline, which means you must avoid all acidic foods and supplements. This means that acid destroys the herb's antibacterial effect. The fruit which is loved by bears, hence its name, bearberry, can be used raw or cooked.

Matthew Wood states in his book, *The Earthwise Herbal—a Complete Guide to New World Medicinal Plants*, that the astringent and antiseptic properties of *Uva Ursi* act principally upon relaxed mucosa to give better tone and restrain

excessive discharges for bacterial infections. He also states that it is useful in swollen mucous membranes as far up as the throat and as far down as the intestine, bladder and uterus. Dried leaves are given as an infusion 1-2 teaspoons per cup of boiling water 3 times a day. It can also be used as a tincture 10 drops in a glass of water, 3 times a day. Uva Ursi also contains allantoin, which can speed up wound healing. It can be found in a number of skin creams and lip balms. It is especially beneficial in the relief of oral herpes.

**Caution:** The urine can turn a dark green in color. This is normal and should not be a cause of alarm. Pregnant women, nursing mothers and children should avoid use, and it should not be taken for long periods of time.

**Featured Product:** Greenwood Herbals is now carrying medicinal oils in the shop. St. Johnswort, Comfrey Oil, Poke Root Oil, Mullein leaf and flower oil. Plus more. We will be adding these to the web-site soon. They are available in the shop now.

**New Idea's:** We are working on a new program for children between the ages of 8 and 12 years old. **Junior Herbalist in Training.** We are proposing a four month class that will meet once a month. Children will learn to do plant identification, plant pressings as well as other, fun and easy projects using herbs. We are still in the planning stage and have a test case in the form of Abby and Josie who will be working with us on this idea. Certificates will be given to those who complete the program. *More information to come soon...*



**New Books:** We are awaiting the arrival of a new book called: I'm a Medicine woman too. By Jesse Wolf Hardin. It is written for children between the ages of 3 to 12. I bought one for Zoe' my 2 year old granddaughter. She is already finding her way around the garden with me and I know it is something we can share together. I hope to carry these in the shop in the near future but you can order them directly from the author by visiting <http://animacenter.org/books.html>.

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* <b>Classes/Events:</b>	*	<b>Broccolini—Submitted by Carrie Weber</b>	*
* <b>July 19th</b> —Making your own Hydrosols. 10 am to 1 pm. Call the office at 207-793-3553 or e-mail <a href="mailto:herbalist@greenwoodherbals.com">herbalist@greenwoodherbals.com</a> to reserve your seat. Cost \$25.	*	1 bunch of broccolini	*
* <b>August 2nd</b> —The Long table discussion for herbalists will be held at Greenwood Herbals at noon. The topic will be Red Root, New Jersey Tea, ( <i>ceanothus americanus</i> ) Please RSVP if you are attending.	*	1 lemon	*
* <b>August 9th</b> —Summer Fair at Garden of Atlantis 11 am to 4 pm. You will find us there!	*	Butter	*
* <b>August 30th</b> — Percolation Class for herbalists. 10 am to 2 pm. Cost \$25. An additional cost of \$18 if you wish to purchase a cone and a packing rod.	*	Olive oil	*
	*	Minced garlic	*
	*	Portobella Mushrooms	*
	*	Heat Skillet over medium heat. Melt 1 TBS. Butter and 1 TBS Olive Oil. Add 2 cloves of minced garlic. Sautee 2 minutes.	*
	*	Add Broccolini. Stir to coat for 1 minute.	*
	*	Add sliced portbella's. Reduce heat to low. Cover and cook for 5 to 8 minutes.	*
	*	Stir in 2 TBS of fresh lemon juice and salt and pepper to taste.	*
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