

# Greenwood Herbals

March 2009

What's happening at Greenwood Herbals in March:

Making Products  
Filling Orders  
Seeing Clients  
Scheduling Advanced Workshops

There have been many parents coming in this winter. Parents looking for something other than what is available to them at their local pharmacy for their children. The respiratory issues have been huge this year. Even my 18 month old granddaughter, Zoe' ended up with Bronchitis. I have been administrating some tea by the tea-spoon and was surprised at how much she loved it. Within three days she was doing much better and we learned that she loves tea!

One of my teachers, long ago, told me to watch the plants and take note of what is growing abundantly in the area, because the plants that are needed will come before the ailment. I have seen the truth in her words over the years. So it had crossed my mind back in July with the amount of mullein growing in the fields, along the roads, around the local schools. And even in September and October while we were harvesting our Elecampane, the size of the roots caused me to wonder again. Were we going to see a lot of respiratory afflictions this winter? And sure enough, it started in January and I still don't see an end in sight. My elecampane root is getting low as well as the mullein leaf. But thankfully, parents and children are taking and using the tea with good results.

I have had to stress the fact with parents that you have to remember that anyone under the age of twelve needs to have their herbal medicine administered by their weight and age. Just because it is herbal does not make it weaker or less effective. Before using herbs on children, please contact a qualified herbalist for dosage and the correct herbs for your child.

## Elecampane—*Inula helenium*

Elecampane is a strikingly beautiful plant. It stands up to 4 to 5 feet tall. Will grow in sun or partial shade and all soils. When it first shows itself in the garden it produces a huge rosette of pointed leaves that can grow up to 1 1/2 feet long and at least 4 inches wide. It has toothed margins and reminds me of mullein when it first shows itself. It produces



large yellow flowers that are in bloom from June to August. It resembles a sunflower. The flowers go to seed in September and it does self sow. We harvest the second year root, which is a large fleshy root stock, and smells like fresh bananas. It stands tall and beautiful along side the mullein that I let grow wild in my gardens.

**Edible Uses:** The root can be eaten as a potherb. It contains a starch known as Inula, which is indigestible by humans. Some people experience flatulence if it doesn't pass through the digestive tract, but instead begins to ferment.

**Medicinal Uses:** The actions of this plant are classified as an expectorant, anti-tussive, diaphoretic, hepatic and anti-microbial. It is a specific for irritating bronchial coughs, especially in children and the elderly. It is helpful for bronchitis, emphysema and asthma, including bronchial asthma. The mucilage has a relaxing effect, while the plant oils bring about the stimulation that both soothes irritation and promotes expectoration. It has also been used in the treatment of tuberculosis and Chronic Obstructive Pulmonary Disease (COPD). It can be combined with other herbs and used for infections such as flu and tonsillitis.

Elecampane can also be an aid in stimulating the digestion and appetite

**Folklore:** It is believed that the colonist brought this plant to North America. Not because of its beauty or its medicinal value to humans, but instead for the care of their horses and other livestock. It takes two of its common names from its early medical use, "horseheal" for its use by veterinarians for treating pulmonary disorders in horses. And "scabwort" from the herbs' effectiveness in healing scabs on sheep.

**Other uses:** A blue dye can be obtained from the bruised or macerated root.

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**Classes/Events:** .

**March 8th** — Anne Dickerson will be presenting an **Introduction Overview of Business Practices and User-friendly Methods of Accounting**. This has been adapted for herbalists but applies to everyone. 9 am to 1 pm. This class is already filling up fast. Please call the office at 207-793-3553 to register. \$40.00

**March 10th—Exploration of Medicinal Herbs** - I am presenting at Old Orchard Beach Adult Education. 6 to 8:30 pm Call 207-934-7922

**March 15th—Exploring Flower Essences** with Christine Tolf of Lichenwood Herbals, Barrington, NH, 664-3393. Held here at Greenwood Herbals - 2-4 pm \$25. See our web-site under Classes/Events for further details. Call the office at 207-793-3553 to register.

**Announcements:**

- We are now accepting applications for the **2009 Apprenticeship Program**. See our web-site [www.greenwoodherbals.com](http://www.greenwoodherbals.com) for more details and the application form. Registration Deadline is April 30th, 2009
- Deborah Gideon has launched her new web-site. It is beautiful! Check it out at [www.beeblossom.com](http://www.beeblossom.com) or check the Links tab on our web-site at [www.greenwoodherbals.com](http://www.greenwoodherbals.com)
- Our latest shipment of Neti Pots and nasal cleansing salts has arrived.



**Lemon Ginger Zest Tea**

A nice tea for indigestion, a head cold or just to warm you up on a cold March Day.

Slice up a 1/4 piece of fresh ginger root and a whole lemon. Add to a stainless steel or enamel pot, add enough water to cover the root and lemon. Bring water to a boil, and let it simmer for 20 minutes. Strain and add a dash of cayenne.

