

REBECCA'S GOOD THYMES AND SAGE ADVICE AUTUMN 2008

**"FOR MAN , AUTUMN IS A TIME OF HARVEST, OF GATHERING TOGETHER.
FOR NATURE, IT IS A TIME OF SOWING, OF SCATTERING ABROAD."**

Edwin Way Teale

As summer fades into autumn, it is time to think of planting. For indeed, autumn in California is it's second spring—a time for planting. More landscape changes at Hummingbird Hill will require some major planting later in the fall before the rains begin. Early November is best for trees and shrubs to minimize watering. However, for winter blooms of pansies and early spring blooms of sweet peas, it's best to plant in early October while the ground is still warm.

CALENDULA, HERB OF 2008

You may wish to include in your planting, some calendula, the herb honored this year by the International Herb Association. This native of the Mediterranean is an excellent plant for our climate. Its bright yellow and orange colors adds a joyful accent to the garden and the flower petals are edible, used in salads, soups and stews. The ancient Egyptians and Romans valued it highly for its medicinal purposes and current research supports this. It's used in many ways but is most effective in healing skin problems-wounds, burns, insect bites. However, new research shows that calendula lowers cholesterol, reduces inflammation and pain and strengthens the immune system. So brew a cup of calendula tea: use 3 or 4 dried flower heads (remove calyx) per cup of water, and steep 5 minutes. You may wish to combine calendula with a few leaves of lemon balm.

**"AUTUMN—SEASON OF MISTS AND MELLOW FRUITFULNESS,
CLOSE BOSOM FRIEND OF THE MATURING SUN."**

John Keats

As Keats' declared autumn to be the bosom friend of the sun, Kappa Delta Sorority in 1999 declared the third Sunday of September to be National Women's Friendship Day. This day blossomed and grew to be a celebration acknowledging the many benefits of friendship. In September come to GIRL THYME with a friend or come and make a new friend. This event will be lots of fun and includes a workshop with two gardening crafts: a wreath of herbs and flowers symbolic of friendship; and a decoupage flower pot made with photos of you and your friends. An herbal lunch follows and guests receive special friendship booklets. Bring photos to use (or be copied for use) on 5 inch diameter terra cotta pot. Plant an ivy-the plant symbol for friendship.

**"WINTER IS AN ETCHING, SPRING A WATERCOLOR, SUMMER AN OIL PAINTING
AND AUTUMN A MOSAIC OF THE ALL." S Horowitz**

In October, the annual autumn wreath workshop will be held. Come to HERBAL HARVEST and make a colorful herbal wreath with fragrant sweet Annie, wheat, oak leaves, pepper berries, and dried fruit—a "mosaic" of the seasons! Then enjoy an herbal harvest lunch in the new garden!

“EVERYONE MUST TAKE TIME TO SIT AND WATCH THE LEAVES TURN.”

Elizabeth Lawrence

This autumn, not only is it important to celebrate harvest and the bonds of friendship, but to acknowledge the benefits of contemplation, to slow down, to savor life. In early November before the bustle of the holidays, come for a nourishing, relaxing program: SIMPLE ABUNDANCE Inspired by the letters from a young Amish woman and a visit to her home in Missouri this spring, I was made more aware of the joys of simple pleasures. It seems as life becomes more complicated and complex, the simple pleasures are often what make us most happy. My presentation will include information on the Amish way of life, suggestions for simple pleasures, and simplified, but delicious recipes, The craft workshop will include making an abundant, (but simple to make!) herb and wheat spray to be used as a wall or table decoration; plus an herb-filled vintage embroidered sachet. As always, an herbal luncheon follows the program and workshop.

**“O WINTER! RULER OF THE INVERTED YEAR,
I CROWN THEE KING OF INTIMATE DELIGHTS,
FIRESIDE ENJOYMENTS, HOME-BORN HAPPINESS.”**

William Cowper

Winter arrives and we anticipate the festive winter holiday season. It is indeed the season of “intimate delights and fireside enjoyments”. Come to YULETHYME and make a fragrant beautiful wreath to adorn your home during the winter season. In addition to a variety of greens-cedar, redwood, bay, magnolia, boxwood, we’ll use colorful berries and cones and cinnamon sticks to make a beautiful wreath. Relax by the fire with a cup of cider and enjoy an herbal luncheon.

**“CHRISTMAS ! THE VERY WORD BRINGS JOY TO OUR HEARTS.
NO MATTER HOW WE MAY DREAD THE RUSH—WHEN CHRISTMAS DAY COMES THERE IS
STILL THE SAME WARM FEELING WE HAD AS CHILDREN,
THE SAME WARMTH THAT ENFOLDS OUR HEARTS AND OUR HOMES.”**

Joan W. Brown

Once again, it’s time for the annual celebration--HERBAL CHRISTMAS XVI. The house will be decked with several fresh trees, each with its own special theme. Music, door prizes, holiday favors and a lovely holiday luncheon will hopefully “bring joy to our hearts”. There will be only one date offered for this celebration, so reserve early as space is limited.

Your check is your reservation. Due to the cost of workshop supplies and complexity of planning and preparation, there are no refunds. (I will fill the space if possible.) If you have questions about any of the programs, please phone Rebecca 831-1680. Proceeds from programs go to support the meditation garden at San Ramon Valley United Methodist Church, school music programs and other charities in memory of my daughter, Cynthia Jean, who loved nature, music and Christmas!

**SOMETHING SPECIAL WITH HERBS
AUTUMN/WINTER SCHEDULE**

- GIRL THYME!! Celebrate Women's Friendship Day** **\$50.00**
Presentation with crafts workshop followed by herbal luncheon
Crafts: Herb & Flower Wreath and Decoupage Photo Flower Pot
SEPTEMBER 20 SATURDAY OR SEPTEMBER 22 MONDAY 10:30 AM
- HERBAL HARVEST Celebrate the Harvest Season Bring Clippers** **\$50.00**
Autumn herbal wreath workshop followed by herbal lunch
OCTOBER 10 FRIDAY OR OCTOBER 11 SATURDAY 10:30 AM
- SIMPLE ABUNDANCE Thyme to Stop and Smell the Roses!** **\$50.00**
Presentation with crafts workshop followed by herbal lunch
Crafts: Ribbon-tied herb, wheat, flower spray Herb sachet in vintage linen
NOVEMBER 7 FRIDAY, OR NOVEMBER 8 SATURDAY 10:30 AM
- YULETHYME Winter Wreath Workshop Bring Clippers!** **\$50.00**
Fragrant winter wreath workshop followed by lunch
NOVEMBER 30 SUNDAY **12 NOON**
DECEMBER 1 MONDAY 10:30 AM
- HERBAL CHRISTMAS XVI !!** **\$45.00**
Holiday presentation, door prizes, holiday luncheon
DECEMBER 16 TUESDAY **11:00 AM**
- WON'T YOU BE MY VALENTINE? Valentine Tea Party** **\$50.00**
Make beautiful unique valentine cards and enjoy
Silver and Gold Valentine Tea "Make new friends and keep the old, one is silver & the other gold."
FEBRUARY 7 SATURDAY 10:30AM

RESERVATIONS ARE NECESSARY!

Reserve as soon as possible by sending check to Rebecca Byrom
260 El Pinto, Danville CA 94526

Have Questions? Please contact Rebecca at (925) 831-1680 or rjbyrom@comcast.net
Please bring clippers to workshops

Proceeds to charities in loving memory of my daughter,
Cynthia Jean (July 22, 1966-December 29, 1995)

