

January-February 2010

THE ESSENTIAL HERBAL

Dill - Herb of the Year

Warming Winter Recipes

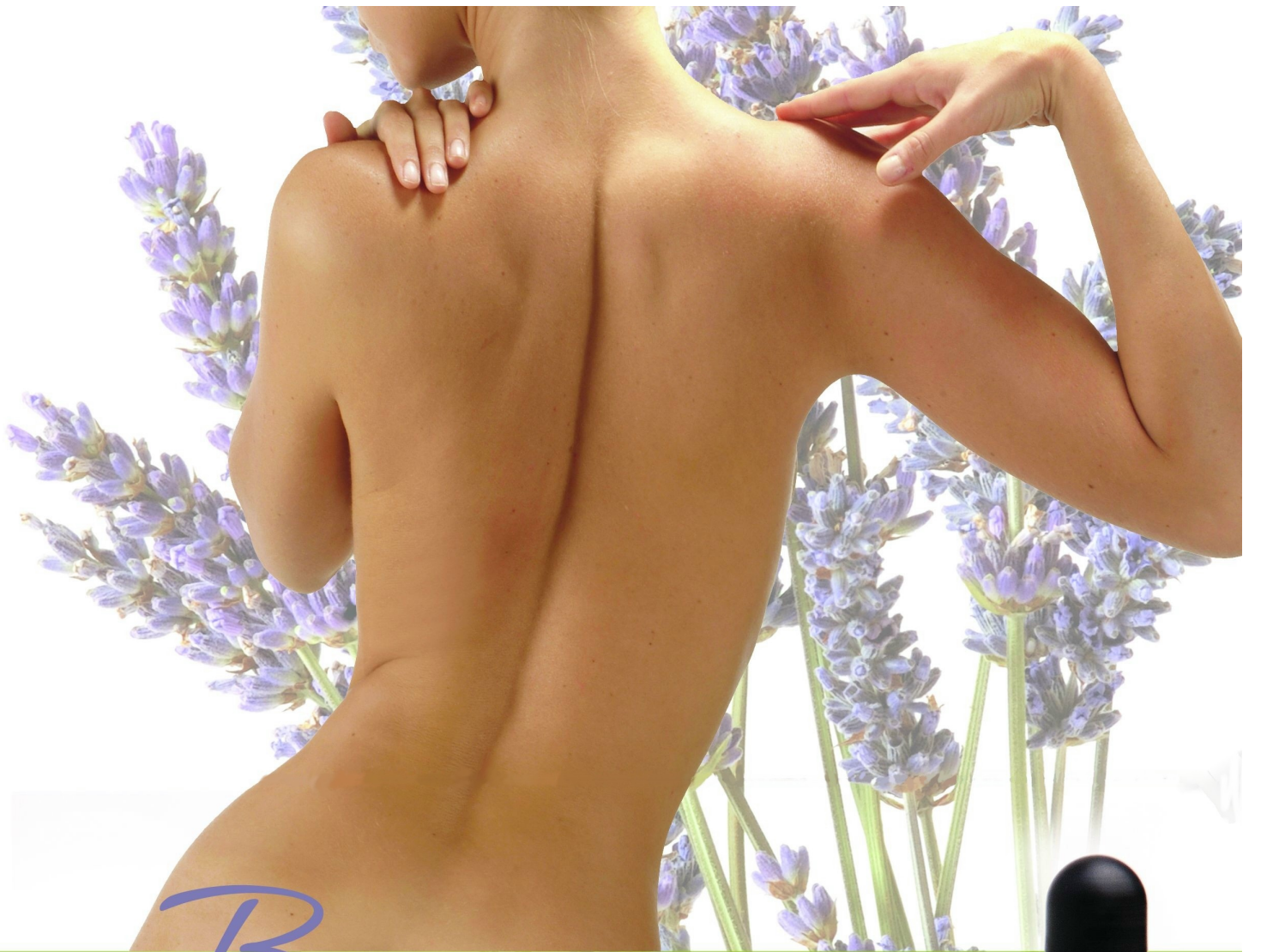
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Field Notes

Welcome to 2010 and the beginning of the ninth consecutive year of printing The Essential Herbal Magazine! Forgive my yearly nostalgia binge, but I seriously cannot believe that this much time has passed. Some of you have been along for the whole ride and even for you it must seem sort of astonishing. This informal, happy-go-lucky little publication just keeps rolling along, hitting deadlines, getting where it is supposed to go, and there is never a lack of information for any given issue. It is a wonderment! In fact, there is a file I've saved for all these years listing the herbs of the year through 2010 – the last that was available at the time – Dill. Here we are using it! That was fast. Michele sent us an article on dill, and we've got some recipes and uses scattered around as well.



A couple of months ago, we began doing some local classes here on the farm. It is something we really love to do. After putting the word out to the on-line community, we found that there were many requests for either on-line classes or DVD's of the classes. We've chosen to do DVD's and kits. Check our site frequently, as we'll be adding more from time to time! We've had the soap DVD and kit for a while. There are quite a few we have planned and I don't mind saying how excited I am about putting them together!

The part of this that makes me happiest is that w-a-a-y back in the beginning I remember having a conversation with someone who felt that the magazine would falter because "everyone already knows the basics" and "you need to be cutting edge these days", comparing us to the bigger and better known herb magazines. My viewpoint was that every day people get out of bed and decide it is time to learn about herbs. Eight years of bi-monthly issues later, that's still happening – in fact, it is happening more than ever, and we're here to light the way.

So as we prepare to send this issue to print, we are already thinking of the next, and know that we'll already be halfway through winter by then and heading into spring. Everyone stay warm and healthy. Get some fresh air from time to time. Wash those hands often, cough into your elbow, and try a daily preventative dose of elderberry. We've got some very good information on elderberry and other winter preparations inside!

In the meantime, we're calling this the winter Do It Yourself issue, because there are instructions for making a soap mold and an herb hanger. Marita takes us for a trip to Australia and we have lots of winter brews, potions, and stews to keep us happily elbow-deep in herbs while the cold winds blow.

Once again it is my pleasure to wish you all a plentiful and prosperous new year, filled with joy and wonder. May your homes be filled with happiness! And the scent of herbal projects.

Peace,

Tina



The Essential Herbal Magazine

Written by, for, and about herbie people
and the things they love—Herbs!!!

Tina Sams, Editor in Chief
Maryanne Schwartz, Layout Director

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Winter Haiku

Seed catalogs lay open
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Deep Winter Haiku

We bury our hearts
In layers of work and dream
Life cracks us open

Sue-Ryn Burns

About the Cover:

One day last winter, while we were making deliveries, Maryanne noticed this building on the grounds of the Landis Valley Farm Museum, just north of Lancaster, PA. It is the tinsmith's shop, just across from their giftshop, "The Weathervane."

It was one of those gorgeous days following a snow fall when the sky is so blue and the sun is so bright that you can hardly believe it was ever gray and wintry.

If anything ever said, "Spring is on the way," this building, just bursting with sunshine said it to her!

It appears there are even buds, just waiting for their chance to spring forth on all the shrubs around the house.

This cover is a promise of spring to come... something to cling to on those cold wintry days while we sit and plan and dream of our lush, green gardens of summer!



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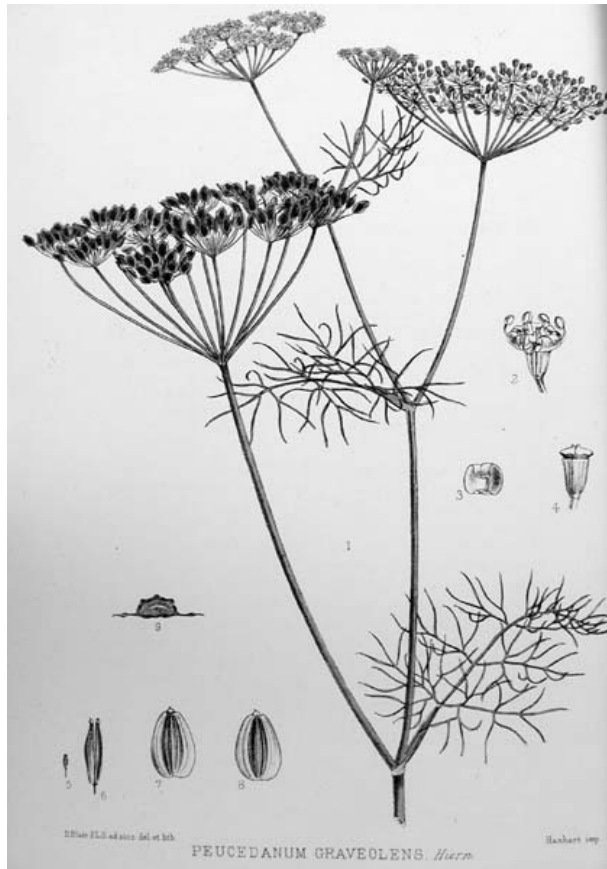
DOWN ON THE FARM

Michele Brown & Pat Stewart

A Dilly of an Herb Dill...2010 Herb of the Year

Chosen by the International Herb Association as the 2010 Herb of the Year, Dill, *Anethum graveolens*, is one of our favorite herbs here at Possum Creek Herb Farm. Easy to grow, easy to use, and easy to teach about, it is one of the first herbs we learned to love. We think you will find enjoyment in this special herb as well.

Dill is easily grown by seed. In fact, that is the best way to start a plant or in the case of Dill, several plants. Scattering a few Dill seeds when the ground is warm in the spring guarantees a successful start. Keep the ground moist but not soaking and with some warm sun the seeds should germinate in a matter of a few days. Dill is an annual which means it will grow, put out leaves, blossom and set seed all within the same year. However, Dill also drops its seeds readily ensuring more Dill plants. To make sure that there is a good continuous crop of Dill, scatter a few seeds every three weeks or so and harvest the Dill leaves also called Dill weed to use in some good old standby dishes like potato salad, egg salad or sprinkled on baked potatoes with sour cream. Dill is also tasty when paired with green beans, carrots and cabbage. Snipping the Dill foliage preserves the flavor rather than tearing it from the stalk. Dill weed dries well and stays green if kept out of direct light.



Dilled Salmon Cream Cheese Tea Sandwiches

Susan Wittig Albert
www.abouthyme.com

8 ounces light cream cheese
1 T chopped fresh dill weed
1 T chopped chives
1 T minced parsley
10 slices white bread
3 ounces thinly sliced smoked salmon

In a small bowl, stir together the cream cheese, dill weed, parsley, and chives. Using a serrated knife, trim the crusts from the slices of bread. Using a rolling pin, roll to flatten each slice slightly. Spread about 1½ tablespoons of the cream cheese mixture over the entire surface of each slice of bread. Top with the salmon. Cut into squares, diamonds, or rectangles. Repeat with the remaining slices of bread. Arrange sandwiches on a serving plate, cover the top with plastic wrap and refrigerate until ready to serve. (Makes 40)

Now that we have teased you into growing Dill for culinary uses, let's entice you some more with some medicinal uses of Dill. Dill is a great digestive aid. Its seeds are often used to make a tea for colicky children. Dill has been used to treat flatulence and stimulate the appetite. Drinking a tea made with Dill seed or the leaves if seed is unavailable is often suggested prior to eating a large meal. Nibbling a few seeds after a large meal helps aid digestion and settles the stomach as well. Back when our colonial ancestors spent a lot of pew time in front of long winded preachers, Dill seeds were nibbled on to keep the mind focused on the sermon

along with keeping the stomach quiet. Often called "meeting seeds" Dill has been found in some of our earliest artifacts in the original thirteen Colonies.

Planting Dill near cabbage, onions and lettuce may deter insects that enjoy annoying those crops. Dill also lends itself to adding some interest to an herb garden. It can become quite tall and the seed heads are like small umbrellas which hang heavy over smaller plants. Butterflies and caterpillars enjoy the taste of Dill and use the plant as a spot to rest. We have often seen small birds light on the seed heads picking a few for a tiny treat.

We have to agree that Dill is a very useful herb lending itself to culinary dishes, medicinally and even to the wild life. Grow some for yourself and see what all the fuss is about.

Possum Creek Herb Farm is hosting classes at the farm in 2010. Check the website, possumcreek-herb.com for details.

Scrambled Herbs Puzzle

What kind of socks do you wear to plant herbs?

To find out, unscramble the herbs A through P. Then move the numbered letters to the answer spaces.

- a. NCIALGEA 2
- b. SALIB 2
- c. HIESCV 7
- d. FLENEN 2
- e. ILLD 4
- f. LEVARDNE 10
- g. CNATPI 6
- h. ITNM 2
- i. RAMRMJOA 3
- j. ELSAPYR 9
- k. RNOOEAG 8
- l. SOMARYER 10
- m. URE 10
- n. AGSE 2
- o. TRRNAAGO 1
- p. EYEMHT 5

Answer:

1 A 2 3 4 5 6 7 8 9 10

Janet Teas, Zanesville, OH 43701
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Warming Winter Recipes and Cold & Flu Care

Winter Bath

This recipe can be followed very loosely and you can feel free to adjust the amount of ingredients depending on what you have on hand. As you will see, while I did attempt to record my recipe as I formulated it, I didn't weigh out the exact amount of herbs I used; instead I used the unscientific method of measuring by volume. This bath works wonders for dry, itchy skin.

Infuse 2 quarts of water with about:

1/4 - 1/2 C of Yarrow (leaves & flowers)

1/4 C of Comfrey leaves

1 T St John's Wort

a few dried Calendula flowers

1/4 C of powdered milk

1/2 C of oatmeal

Infuse for 15 minutes. Strain and put herbs into a stocking or muslin bag. Draw a warm bath and add the infusion, bag of herbs, and essential oils (I used 6 drops of Lavender essential oil and 6 drops of Patchouli).

Be sure to rinse bathtub well afterwards as this can sometimes leave a yellow film in the tub.

Moisture Rich Winter Body Butter

Use after the winter bath recipe for lusciously hydrated skin. People I have given this cream to have also reported on its ability to aid in the healing of small cuts and scratches.

1/2 C Almond Oil

1/3 C Shea Butter

3-5 drops Vitamin E oil

1 t Beeswax

1/2 C Yarrow infused water (strained and at room temperature)

1/3 C Aloe Vera gel

6 drops Lavender essential oil

6 drops Patchouli essential oil

6 drops Rosewood essential oil

Melt beeswax in oils. Then cool to almost room temperature (oils will look thick and creamy like yogurt). Put the oils and beeswax in a blender and slowly add the Yarrow infused water, Aloe Vera gel, and essential oils. It may take a few tries to get this cream to the right consistency but the key is to have the temperature of the oils and the water at as close to the same temperature as possible. Note: You may want to have a special blender just for making herbal preparations because the blender may take on the smell of the herbs or essential oils you are using. If you are using your good kitchen blender, then do not add essential oils until you put the lotion into a container.

And now for the cold & flu care formulas...

For sore bodies and stuffy sinuses...

Achy Body Bath Salts

Feel free to adjust the amount or type of essential oils to your preference. I chose these particular essential oils because of their usefulness for achy muscles and congested

sinuses.

2 C Borax 2 C Sea Salt
40 drops Rosemary essential oil
20 drops Wintergreen essential oil
20 drops Peppermint essential oil

Mix all ingredients and store in airtight container.
Use approximately ½ - 1 cup per bath.

For sore throats...

Sore Throat Gargle

This recipe originally comes from Rosemary Gladstar. I altered the amount of ingredients by adding more apple cider vinegar. The additional vinegar seemed to provide greater relief for my scratchy, sore throat.

1 C Apple Cider Vinegar
1 C extra strong Sage tea (strained)
2-3 t Salt
Dash of Cayenne Pepper

Mix all ingredients and use to gargle every half hour.

Sore Throat Spray

Simmer the following in 2 cups of water for half hour:
2 t Echinacea
2 t Licorice

Turn heat off and add 2 t Sage and let sit 20-30 minutes.
Strain and add:

10 drops Owyhee essential oil
10 drops Tea tree essential oil

Put into a spray bottle and spray throat every 20-30 minutes or as often as needed. The essential oils were recommended by Jeanne Rose and definitely improve this formula immensely, however, if you don't have them on hand feel free to make the spray without them.

Ginger Honey

Slice one ginger root into thin strips and cover with honey. Let sit for several months or to speed up the process, heat gently over low heat for 20-30 minutes. Use in teas or take by the spoonful for colds and sore throats.

For chest congestion...

Mustard Plaster

This is an old fashioned technique that my grandmother would use on me when I was a small child and had pneumonia (much to the chagrin of my very traditional pediatrician). It is used to break up chest congestion and relieve the pain of coughing. I must stress though, to use with caution and keep a close eye on this treatment to avoid irritated skin or possible burns.

1 part Ground Mustard powder
2-3 parts Flour
two pieces of flannel cloth and/or a plastic grocery bag



Mix flour and mustard together (for very small children use less mustard). Add enough hot water to make a paste. Spread mixture on a piece of flannel, leaving enough room around the edges so that the paste does not leak out. Cover with the other piece of cloth. (My grandmother actually used a plastic grocery bag and put the mixture in that, I'm assuming because it made for easier clean up later. If you use a plastic bag I would also put a piece of flannel between the plastic bag and the chest to protect the skin from burns.) Place the flannel "packet" on the chest and leave on for approximately 20 minutes or until the skin becomes red. The plaster can be refrigerated and re-used several times, re-

heating in the microwave.

Additional comfort care...By the time the issue reaches you, we will be well into the middle of the flu season. Already we are hearing reports of record numbers of cases of the flu. Chances are you or someone you love will be hit this year. Keep these additional supplies on hand so you are ready when the time comes. Not all of these little "grandmotherly" remedies will cure the cold or flu, but they will provide a welcome sense of comfort.

Hot water bottle for cold feet

Softest tissues available (I like the ones scented with Vicks)
A supply of freshly laundered sheets; nothing feels better when you're sick than a nice clean bed.

Cough drops (preferably handmade herbal ones)

Diffuser and essential oils such as Pine, Rosemary, and Eucalyptus

Elderberry syrup

Echinacea tincture

"Nursery" food (Cream of Wheat, rice pudding, chicken noodle soup, or whatever childhood food means comfort to you).

Betsy May is a Certified Holistic Health Practitioner and Registered Yoga Teacher. She is also a graduate of Rosemary Gladstar's Art & Science of Herbalism Home Study course and Sage Mountain Apprentice Program & Jeannie Rose's Herbal Studies and Aromatherapy Studies Courses. She can be reached at betsy.may@hotmail.com



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Elderberry Eases Winter Woes

Mary Hammond - The Smiling Sage

Sometimes, simple remedies go by the wayside.

Memories of my grandpa come to mind, fermenting elderberry wine in his basement. He always told me it was for 'medicinal' purposes. My grandpa was a wise man. So let's bring back elderberry syrup as a wintertime staple.

There are several species of elder, but *Sambucus nigra*, or European elder (also called black elder), is used most often for medicinal purposes. Elder trees are native to Europe, but were naturalized to the Americas. They have a long history of medicinal use, particularly in England, where it was once referred to as "nature's medicine chest."

The ripe berries are rich in vitamins A and C. In fact, elderberries contain more vitamin C than any other herb except for black currants and rosehips! In the days before imported winter fruits, elderberries were made into syrups, teas and wines and taken to prevent winter colds and flu.

If you are fortunate to have an elder tree, you can harvest the ripe berries in autumn, but do not eat elderberries before they are cooked. The berries contain small amounts of alkaloids and can cause nausea. Cooking destroys the toxins and makes the berries safe to eat.

Elderberries may be dried and stored for later use. The simplest method of drying them is to tie a few cluster stems together with string and hang them over newspapers in a dry area for a week or so. Remove the dried berries from the stems and store them in tightly covered containers.

Another method is to remove the elderberries from the stems, starting at the top of the cluster, use a fork to gently comb the berries off the stems. Spread them on a cookie sheet or shallow baking pan and place them in a warm (up to 180°F) oven for 4 to 5 hours. Leave the door open and stir the berries periodically until they are thoroughly dry. You can also use a dehydrator.

Dried elderberries can also be purchased at your local health food store or through your favorite bulk herb supplier on the Internet.

Elderberries contain three flavonoids (natural chemicals that give food their taste and color) that have antiviral properties. Flavonoids are very effective against different strains of the flu virus. They also boost the immune system, and supply the body with antioxidant protection. Black elderberry has other compounds, which have an anti-inflammatory effect, known to reduce aches and pains. Elderberry has been credited with the ability to ward off problems before they get started, making it a popular immune booster among people who have compromised immune systems. Elderberry is supposedly one of the most effective herbs for preventing and treating upper respiratory infections. Studies have shown

that elderberry reduces excessive sinus secretion, and some studies also suggest that elderberry can help lessen swelling of mucous membranes, improve sinus drainage, and decrease nasal congestion in those with sinusitis. This gentle herb is used for bronchitis, coughs and sore throats. The following recipe calls for fresh or dried elderberries.

My Favorite Recipe for Elderberry Syrup

1 C of fresh elderberries (Or one half C dried elderberries)
3 C of water
1 C of honey

Place the berries in a saucepan and cover them with the 3 cups of water. Bring the water to a boil, reduce the heat, and simmer for a half hour, uncovered. Remove from the heat. Mash up the berries. Strain the mixture through a mesh strainer. Add the honey at the end. You can substitute maple syrup for the honey, making the syrup suitable for use in children less than 2 years old.

Bottle and store in the refrigerator, where it will last a few months. Remember that the longer you simmer the syrup the more thick and concentrated it will become. Try to use local raw honey for its health promoting qualities. Be sure to shake the syrup before use.

You can give the syrup by the teaspoon every 2-3 hours while sick. The syrup is naturally sweet so children will not balk at taking it. I take a teaspoon of elderberry syrup every morning as a preventative measure. Thanks to my grandpa for piquing my interest in elderberries at an early age and planting the seed for me to learn more about their healing qualities.

The information provided in this article is intended solely to inform the reader. Please be certain to 'know your herb' before consuming it. Walk Gently on this Earth!

Mary Hammond - Herbal Practitioner
www.smilingsage.com



Happy New Year!

Susan Evans
Chrysalisherbs.com

There is something so promising about a clean slate. You can put all the disappointments of the last year behind you and start anew.

The media loves to focus on all that is awry in the world, meanwhile all kinds of small miracles and dreams are being realized.

Every New Years Day, I sit down with my journal and a steaming cup of latte and make out my goals for the year ahead. Starting off with what I had set down the year before I am usually pleasantly surprised with what I have achieved.

Where do you want to be a year from now? Make some plans. Some books that have helped me include, *Take Time for Your Life* by Cheryl Richardson, *How to Get Control of your Time and your Life* by Alan Lakein and *Maximum Achievement* by Brian Tracy. Check out *The Art of Happiness* by the Dalai Lama.

Despondent over the crashing economy? Get a grip on your money. Take a look at *Living the Simple Life* by Elaine St. James, *The Good Life* by Helen and Scott Nearing for all you back to the land types, and *Your Money or Your Life*, by Joe Dominguez, for a fresh perspective on how we become enslaved by our stuff.

Take an honest look at your life and if it isn't what you want, reinvent it! It amazes me how many people gripe about their circumstances but still live as they always have, overspending, staying in

bad jobs and relationships. As if their new life will somehow show up on the front porch. Take some time to figure out what you need to change and then map out your plan of action. Only you can define and realize your dreams.

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Marita A. Orr

Australia - Part 1

Oceania is the collective name for the islands scattered throughout most of the Pacific Ocean. The term, in its widest sense, embraces the entire insular region between Asia and the Americas. Oceania has traditionally been divided into four parts: Australasia (Australia and New Zealand), Melanesia, Micronesia, and Polynesia. As recently as 33,000 years ago no human beings lived in the region, except in Australasia. Although disagreeing on details, scientists generally support a theory that calls for a Southeast Asian origin of island peoples. By 2000 about 12 million islanders lived in Oceania (excluding Australia) and many indigenous cultures were revolutionized by intensive contact with non-Oceanic groups who had intruded from various parts of the Western world.

Throughout Australia, Aborigines believed that serious illness and death were caused by spirits or persons practicing sorcery. Even trivial ailments, or accidents such as falling from a tree, were often attributed to evil. Aboriginal culture was too rich in meaning to allow the possibility of accidental injury and death, and when someone succumbed to misfortune, a man versed in magic was called in to identify the culprit.

Bush medicine is the term used in Australia by Aboriginal people to describe their traditional medicinal knowledge and practices. The term is often used in conjunction with Bush tucker.

Different language groups have different bush medicine knowledge, based on where they live in Australia. Many Aboriginal people still use this knowledge today. In general, bush medicine is made from plant materials, such as bark, leaves and seeds. However, animal products can sometimes be used, such as emu and goanna fat.

These spiritual doctors were men (rarely women) of great wisdom and stature with immeasurable power. They are trained from an early age by their elders and initiated into the deepest of tribal secrets, they were the supreme authorities on spiritual matters. They could visit the skies, witness events from far away, and fight with serpents. Only they could pronounce the cause of severe illness or death, and only they, by performing sacred rites, could effect a cure.

Medicine men occasionally employed plants and herbs in their rites, but they did not usually practice sophisticated medicine. The healing of trivial non-spiritual complaints, using herbs and other remedies, was practiced by all Aborigines, although older women were usually the authority. To guarantee success, plants and magic were often prescribed side-by-side.

Plants were prepared as remedies in a number of ways. Leafy branches were often placed over a fire while the patient squatted on top and inhaled the steam. Sprigs of aromatic leaves might be crushed and inhaled, inserted into the nasal septum, or prepared into a pillow on which the patient slept. To make an infusion, leaves or bark were crushed and soaked in water (sometimes for a very long time), which was then drunk, or washed over the body. Ointment was prepared by mixing crushed leaves with animal fat. Other external treatment included rubbing down the patient with crushed seed paste, fruit pulp or animal oil, or dripping milky sap or a gummy solution over them. Most plant medicines were externally applied.

Medicine plants were always common plants. Aborigines did not carry medicine kits and had to have remedies that grew at hand when needed. If a preferred herb was unavailable, there was usually a local substitute.

In the deserts, the strongest medicines are made from very widely occurring plants. Fuchsia bushes (*Eremophila*) and bloodwood trees (*Eucalyptus terminalis*) grow everywhere and were used fresh, or as ground leaves. Lemon grasses (*Cymbopogon*) sprout on every ridge top and jirrpinyra (*Stemodia viscosa*) around every water hole.

In the Top End, many different kinds of large leaves are considered useful for staunch wounds, presumably because cases of profuse bleeding allow little time for searching. Except for ointments, which were made by mixing crushed leaves with animal fat, medicines were rarely mixed. Very seldom are two plants were used together. Aboriginal medicines were never quantified - there were no measured doses or specific times of treatment. Since most remedies were applied externally, there was little risk of overdosing.

Some medicines were known to vary in strength with the seasons. Aromatic lemon grasses had to be picked while green, and toothed ragwort leaves (*Pterocaulon serrulatum*) were strongest after rain. A wet season growth of green plum leaves (*Buchanania obovata*), used as a toothache remedy, was considered much stronger than that available during dry.

One area of Aboriginal medicine with no obvious Western parallel was baby medicine. Newborn babies were steamed or rubbed with oils to render them stronger. Often, mothers were also steamed. A significant feature of Aboriginal medicine was the importance placed upon oil as a healing agent, a significance that passed to white colonists, and is mirrored today in the continuing popularity of goanna oil.

Earth, mud, sand, and termite dirt were also taken as medicines. In the Channel Country, healing mud for packing wounds was taken from the cold beds of water holes. In many parts of Australia, wounds were dressed with dirt or ash. Arnhem Land Aborigines still eat small balls of white clay and pieces of termite mound to cure diarrhea and stomach upsets. Clay and termite earth probably share the

properties of kaolin, which is the white clay used in western medicine. They may also provide essential nutrients: some termite mounds are extremely rich in iron -as high as two percent. But whether this can be absorbed through the stomach has yet to be determined.

The following table presents a sample of remedies, and only the more important ailments:

HEADACHE	Red ash (<i>Alphitonia excelsa</i>) Headache vine (<i>Clematis microphylla</i>) Rock fuchsia bush (<i>Eremophila</i>) Liniment tree (<i>Melaleuca symphyocarpa</i>) Tamarind (<i>Tamarindus indica</i>) Snakevine (<i>Tinospora smilacina</i>)	Bathe with crushed leaves in water Crushed leaves inhaled Leaf decoction drunk Crushed leaves rubbed on head Fruit pulp rubbed on head Mashed stems wound around head
COUGHS, COLDS	Lemon grasses (<i>Cymbopogon</i>) Fuchsia bushes (<i>Eremophila</i>) Tea trees (<i>Melaleuca</i>) River mint (<i>Mentha australis</i>) Great morinda (<i>Morinda citrifolia</i>)	Decoction drunk or applied as wash Decoction drunk Crushed leaves inhaled Decoction drunk Ripe fruit eaten
FEVERS	Turpentine bush (<i>Beyeria lechenaultii</i>) Kapok tree (<i>Cochlospermum fraseri</i>) Lemon grasses (<i>Cymbopogon</i>) Red river gum (<i>Eucalyptus camaldulensis</i>) Tea tree (<i>Melaleuca viridiflora</i>)	Leaf decoction taken Bark and flower decoction drunk External wash of boiled leaves Steamed leaves inhaled Bath of crushed leaves in water
DIARRHEA	Lemon grasses (<i>Cymbopogon</i>) Eucalypt bark (<i>Eucalypt</i>) Cluster fig (<i>Ficus racemosa</i>) Sacred basil (<i>Ocimum tenuiflorum</i>) Native raspberries (<i>Rubus</i>)	Decoction drunk Infusion drunk Bark infusion drunk Root infusion drunk Leaf infusion drunk
WOUNDS	Billygoat weed (<i>Ageratum</i>) Tree orchid (<i>Dendrobium affine</i>) Spike rush (<i>Eleocharis dulcis</i>) Paperbark tea trees (<i>Melaleuca</i>) Cocky apple (<i>Planchonia careya</i>)	Crushed plant applied Bulb sap dabbed on cuts Decaying plant bound to wounds Bark wrapped as a bandage Bark infusion poured into wounds
ACHES AND PAINS	Northern black wattle (<i>Acacia auriculiformis</i>) Beach bean (<i>Canavalia rosea</i>) Rock fuchsia bush (<i>Eremophila freelingii</i>) Beaty leaf (<i>Calophyllum inophyllum</i>)	Root decoction applied Mashed root infusion rubbed on Wash with leaf decoction Rub with crushed nut and ochre
STINGS	Nipan (<i>Capparis lasiantha</i>) Native hop (<i>Dodonaea viscosa</i>) Beach convolvulus (<i>Ipomoea pes-caprae</i>) Snakevine (<i>Tinospora smilacina</i>) Peanut tree (<i>Sterculia quadrifida</i>)	Whole plant infusion applied Chewed leaves bound to sting Heated leaf applied Root poultice applied Heated leaves pressed on sting
RHEUMATISM	Blackwood (<i>Acacia melanoxylon</i>) Konkerberry (<i>Carissa lanceolata</i>) Beach bean (<i>Canacalia rosea</i>) Tick-weed (<i>Cleome viscosa</i>) Stinging tree (<i>Dendrocnide moroides</i>) Nettle (<i>Urtica</i>)	Bathe in bark infusion Oily sap rubbed as liniment Mashed root infusion rubbed in Leaves applied Boiled leaves and bark rubbed in Patient beaten with leaves
SORE EYES	Ironwood (<i>Acacia melanoxylon</i>) Green plum (<i>Buchanania obovata</i>) Regal birdflower (<i>Crotalaria cunninghamii</i>) Emu apple (<i>Owenia acidula</i>) Fan flower (<i>Scaevola sericea</i>)	Root decoction administered Infusion of inner bark applied Sap or leaf decoction given Wood decoction applied Fruit juice applied
SORE EARS	River mangrove (<i>Aegiceras corniculatum</i>) Lemon grass (<i>Cymbopogon</i>) Native hop (<i>Dodonaea viscosa</i>) Lady apple (<i>Syzygium suborbiculare</i>)	Leaf decoction applied Root decoction poured into ears Boiled root juice applied Fruit pulp applied

TOOTHACHE	Green plum (<i>Buchanania obovata</i>) Denhamia (<i>Denhamia obscura</i>) Supplejack (<i>Flagellaria indica</i>) Pemphis (<i>Pemphis acidula</i>) Quinine berry (<i>Petalostigma pubescens</i>)	Tooth plugged with shredded wood Tooth plugged with inner bark Benumbing stem chewed Burning twig applied Fruits held in mouth
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It is important to recognize that Aboriginal remedies varied between clans. There was no one Aboriginal pharmacopoeia, just as there was no single Aboriginal language. In trying to understand the nature of Aboriginal medicine, we are faced with the quandary that most of the knowledge has been lost. Very little is known of medical practice in southern and eastern Australia, where Aboriginal culture was callously crushed more than a century ago.

During the last twenty years, anthropologists have worked in central and north-western Australia to record what is left of Aboriginal medical lore. In Arnhem Land, the Kimberley, and in the deserts of western and central Australia, there are still Aborigines living who were reared without the influence of Western ways. Their testimony has shaped a startling picture of a complex and sophisticated pharmacopoeia, embracing remedies for all manner of ailments. Whether Aborigines in southern Australia had the same range of plant remedies, it is impossible to say.

Changes since European colonization are that early European settlers brought in a range of new diseases for which Aborigines had no natural resistance and no established remedies. Horrific smallpox plagues swept through Aboriginal Australia, killing as much as half the population. It is not recorded how Aboriginal people reacted to these plagues for they preceded European settlement by several decades. However early explorers met people disfigured by smallpox scars who told stories of abundant deaths and mass graves. It is likely that in attempting to overcome these scourges, terrified Aborigines abandoned old remedies and experimented with new ones.

The later appearance of influenza, tuberculosis, syphilis and other illnesses would have further disrupted Aboriginal medicine, as did the intense changes in diet and lifestyle imposed by white contact. The diseases afflicting Aborigines today are very different from those they would have experienced before European contact. Many early colonists, seeing Aborigines disfigured by disease they had introduced, thought Aborigines lived short lives of abject

misery, in ignorance of any medicinal treatment.

A second, more benign change was the presentation of the billycan (a lightweight cooking pot which is used on a campfire or a camping stove.) Almost everywhere in Aboriginal Australia, herbs that once were soaked in water are now boiled over fires. Aborigines today rarely distinguish this from a traditional practice, although they know the billycan is a white man's innovation. Boiling is much quicker than overnight soaking but it may destroy some active ingredients and increase the potency in solution of others.

A third change is an apparent decline in the use of non-herbal remedies. Aborigines today infrequently, if ever, engage in bloodletting, blood drinking, chants and the tying of healing amulets, though these were significant remedies in the past. Aborigines were probably discouraged in these practices by early missionaries and after absorbing Western ideas about medicine. Sorcery, however, remains a potent belief and the casting and removing of spells is still practiced.

Aboriginal medicine has also changed in more subtle ways. Several communities now make use of exotic plants, usually claiming there to be traditional remedies. In the Northern Territory, medicines are made from the exotic weed called asthma plant (*Euphorbia hirta*); from the African tamarind tree fruit (*Tamarindus indica*), introduced from Indonesia up to three hundred years ago; the Latin American shrub, Jerusalem thorn (*Parkinsonia aculeata*); the South American billygoat weed (*Ageratum*). Central Australian Pitjantjatjara chew South American tree tobacco (*Nicotiana glauca*), and use the introduced rabbit in medicine.

The adoption of so many introduced plants into bush medicine suggests the possibility that many of the native remedies would also have changed through time. White Australians often think that Aboriginal culture was static, but it has always been changing and adapting to new circumstances.

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Easy Do It Yourself

Take Apart Soap Mold Project

Cory Trusty



Take apart wooden soap molds are great for making the perfectly shaped soaps, but they can be quite expensive. For 10 dollars or less you can make a soap mold yourself which is suitable for making professional quality soaps.

Here is what you will need to make a mold that will make 14-15 4.5 oz bar soaps to fit into standard soap boxes:



Sandpaper
Rotary saw
Power drill

1 natural board 3.5 inch wide X 1.5 inch thick X 27.5 inches or longer

1 natural board 5.5 inch wide X 1.5 inch thick X 35 inches or longer

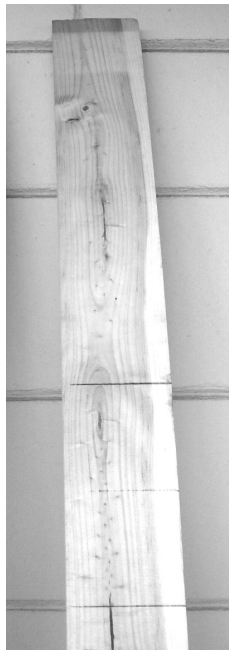
2 six inch bolts with 1/4 inch diameter. The tip of the bolt should be threaded at least an inch.

1/4 inch drill bit

4 1/4 inch washers

2 1/4 inch wing nuts

The first board forms the base of the mold and ends of the loaf. Measure and mark a length of the board 17.5 inches and 2 lengths 4.5 inches. The second board forms the sides of the mold. Measure and mark two lengths of the board to 17.5 inches. Cut and sand the rough edges of the boards. Next you will need to drill holes for the bolts that hold the mold together. Two bolt holes



need to be made in two corners of the each board. Stack the 2 matching 17.5 inch boards on top of each other. Near one corner of the top board measure inward from the long side of the approximately 2 inches then measure from the short end 1 inch out. Mark this spot with a dot. Make a dot on the opposite end of the long side of the board. Drill the through these markings keeping both boards stacked securely together. Sand around the newly drilled holes. Next thread your bolt and washers and wing nut through the two boards. You are ready to assemble the mold. The narrow long board goes at the bottom in between the bolted side boards that secure it. The 2 short end boards stand up in between the sides of the board and are secured by the bolt which sits behind it. Be sure to line your soap with wax paper before use.

Cory Trusty is a community herbalist in Daytona Beach, Florida. 310-919-0220
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Tales From the Tetons

One of the things about mountain herbalism is that spring, summer and fall harvests for many species can be done in the summer. In fact, I remember Valerian as it flowered in late May as I was taking a hike along a canyon. It was not but a month or so later that the roots should have been harvested because nothing would be showing above ground to identify. This is exactly how it was for Osha later in the summer.

This year, one of my goals was to become familiar with the carrot family of plants. We have so many wonderful genus here in this family. Lomatium, Mountain Sweet Cicely, Angelica, Yampah are a few from this powerful family. Some of our most useful and most deadly plants are in this botanical family.

I do feel ever cautious, as mostly self taught, I have shied away from this family for a very long time, lacking trust in my ability to identify.

This year, I felt a lot more confident in being around this family, even if I could not identify, I felt I could start becoming aware. I spent quite a lot of time hiking in the forests and stopping from time to time to touch an umbel that seemed ok. I would examine the stems, smell them on the ground, or crush a leaf in my hand when it felt ok. This is probably not the wisest of things to do, especially for a young herbalist, however it had been so many years of me practically running away from the apiacea, that this year I realized that I did somewhat understand what plants were what from all the years of looking at field guides.

I live in the land of Osha, an herb on the United Plant Savers At Risk List.

It is particular where it grows. It needs high elevation and space. Being fairly new to this area, I was not sure where to begin to look for this genus, but one day I came upon something and, inside, it felt like Osha to me. I spent some time examining, smelling, and feeling and it felt like it was certainly Ligusticum. I dug around the soil to uncover some root, and low and behold it was hairy and, as I scratched the root, smelled strongly of earthy celery. I should add that I scratched the root, AFTER I discovered the hairs, a true sign of Ligusticum.

It was just a short time, still in summer, that the roots would be harvested. Since this is an "at risk" plant, I took only one and broke off the root so its system was still in the soil. Osha is one that I use quite a bit in the winter, and one root will not be enough, but I am still satisfied with finding and getting acquainted with it in the wild.

I want to share a few things about this amazing and wonderful herb.

Osha's botanical name is *Ligusticum spp* ~ the official is *Ligusticum porteri*

Osha is a perennial herb that is native to the American Southwest and grows in the alpine meadow and under as-

pen trees in elevations of 6000 to 10000 feet, typically. Osha grows in my current home in Wyoming, and surrounding Rocky Mountain states as well as in Canada, Sonora and Chihuahua, Mexico.

The botanical family is the Apiaceae. The Apiaceae family is sometimes called the carrot or parsley family. Umbelliferae is also another term sometimes interchangeably used as the old name of the family of plants. Other plants in this family are Queen Anne's Lace, Dill, Coriander, Fennel, and Celery to name a few. This family of plants is typically aromatic and has hollow stems. The flowers most always are arranged in 5 uneven petals and 5 stamens in an umbel.

Osha can grow up to 36 inches tall. Its leaves look much like those of carrot or fern. They can grow up to 8 inches and are pinnate. Pinnate is a term used botanically and in field guides to describe the multi divided or feather like leaves. There is a main nerve called midrib, from which other nerves derive. The leaf blades are found on one leaf stem and arranged like the veins of a feather. These leaves and seeds may be used for culinary flavoring much like the herb chervil. The plant's hollow stems sometimes have purple splotches on them resembling bruises.

This is when serious field experience is needed, as it resembles the deadly Poison Hemlock, *Conium maculatum*, the plant that is attributed to Socrates death.

My motto: When in doubt, don't dig it out!

Some of the other names of this Osha are Loveroot, Porters Lovage, Porters Ligusticum, Chuchupate Bear Root, Bear Medicine, and Wild Parsley, Indian Parsley, Porters Wild Licorice, Nipo, Mountain Ginseng, Singers root, Rattlesnake root and Colorado Cough Root.

Ligusticum is a latin word that is thought to refer to the Liguria region in Italy where a similar plant grew which was Lovage (Livisticum).

Porteri refers to a professor of botany and plant collector Thomas Porter, 1822-1901, who apparently collected Osha in Colorado.

Over-harvesting due to high demand is what caused such decline in the plant's population. This plant is a slow growing herb and difficult to cultivate. The root is what is so powerful so that means that the entire plant is harvested for the root, leaving no way for the plants to regenerate. This is one reason why United Plant Savers is such a lifeline for those of us that love plants. They continue to bring forth research to those of us that might not know that certain plants are in danger of being harvested away.

There are other herbs that work in similar medicinal ways, although not as potent. Thyme, elecampene, marshmallow, lovage, angelica, and rosemary are recommended by Rosemary Gladstar as a substitute.

Most Osha plants are found in colonies, growing near each other. The flowers are white and seeds have a sweet celery fragrance as does the entire plant. The root is hairy, brown

(Continued on page 26)

Aloe Vera

Aloe Barbadensis Miller

By Gail Faith Edwards

brought a mixture of myrrh and aloes, about seventy-five pounds. Taking Jesus' body, the two of them wrapped it with the spices, in strips of linen. This was in accordance with Jewish burial customs." John 19:38-40

The word Aloe in Sanskrit means Goddess.

Known by such names as *healing plant, miracle plant, burn plant, first aid plant, lily of the desert, jelly leek, plant of life and plant of immortality*, Aloe vera and related species are well loved and widely used around the world.

Originally a native of South and East Africa, this remarkable healing plant flourishes in warm, dry climates such as the Mediterranean. I've seen many humongous Aloe plants rising up from the mountainsides throughout southern Italy where I spend my winters. Home in Maine, we grow our Aloe in pots on a sunny windowsill.

A member of the Liliacea family, Aloe vera is a succulent perennial, grows in a clump and has long, spiky, grey-green leaves. The yellow-orange tubular flowers bloom at the top of tall spikes that emerge from the center of the plant. There are approximately 400 species of Aloe, but it is the *Aloe Barbadensis Miller*, or "true aloe," referred to as Aloe vera, that possesses the most remarkable healing properties.

History - Aloes have a history of use going back for at least 5,000 years. In Ayurvedic medicine Aloe vera gel is considered to possess estrogenic properties, and this may be one of the reasons the plant was so highly esteemed by Indian, Arab, Egyptian and Mediterranean women. Aloe was known and widely used in Asia, and is found in the folklore of the Japanese, Filipinos and Hawaiians. Its name is derived from the Arabic word *alloe*, meaning bitter, most likely due to the bitter liquid found in the leaves.

A Sumerian clay tablet found in the city of Nippur, written around 2,200 B.C., documents the first recorded use of Aloe vera as a laxative. A detailed account of Aloe's medicinal value is found in the Egyptian Papyrus Ebers, dated about 1,550 B.C. This document records twelve formulas combining Aloe with other substances for the treatment of both internal and external ills.

The New Testament tells us that *"Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jews. With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus who*



The master of Roman pharmacology, Dioscorides, 41 A.D.- 68 A.D., expanded his herbal knowledge and skill as he traveled throughout the lands with the Roman army. He observed that the whole aloe vera leaf, when pulverized, would stop the bleeding of wounds and attributed to its juices "the power of binding, of inducing sleep." Dioscorides further noted that it "loosens the belly, cleansing the stomach" and was used to treat boils, ease hemorrhoids, heal bruises and dry, itchy skin conditions, was good for the tonsils, gums and mouth irritations, and that it was an effective medicine for the eyes. By the year 200 A.D. Aloe had become an essential and vital part of Roman medicine.

The plant was brought to the New World by the Spanish in the 1600s. It was planted in gardens and used extensively by the missionaries as well as by the indigenous people as a universal healing agent. Aloe was officially listed as both a purgative and a skin protector by the United States pharmacopoeia in 1820.

Medicinal Uses - During the 20th century countless studies were conducted around the world demonstrating Aloe vera to be therapeutic as well as curative for a wide range of ills. Among them, Aloe has been shown to heal as well as to prevent radiation burns, cut the healing time of fire burns by at least half, and heal ulcers, dermatitis and skin diseases caused by parasites.

Aloe successfully heals cuts, blisters, sores and acne. It greatly improves skin texture and helps eliminate dryness, itching, eczema, psoriasis and other skin diseases. Studies have shown that aloe regenerates skin cells, eliminates scarring and promotes regeneration of natural skin color.

It has effectively been used as a treatment for peptic ulcers,

(Continued on page 24)

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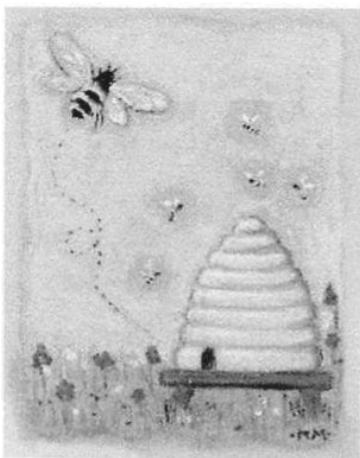
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Wintertime Soups

Winter days by the fire are upon us, and what better way to enjoy this quieter time of the year than to make a nice pot of soup? You can start your soup project early in the day and then relax and know that when dinner time comes, it will be ready for you and the family. If you get to spend some outdoor time, there is nothing quite like coming inside and being greeted by the wonderful aroma of cooking soup!

Many Bean Soup

1/2 C kidney beans	2 or 3 hocks or a ham bone
1/2 C navy beans	1 lb. sweet Italian sausage
1/4 C pinto beans	1 large onion, chopped
1/4 C green peas	1 large can (32 oz.) tomatoes
1/4 C yellow peas	1/3 tsp. Tabasco (+-)
1/4 C black beans	Juice of 1 lemon
1/4 C black-eyed peas	Black pepper, to taste

3 tsp. Bouquet Garni (tied in cheesecloth)

Sort out imperfect beans; wash. Place in large kettle; soak overnight. In the morning, drain well and add 3 qts. water, hocks or bone. Simmer slowly for 2-1/2 to 3 hours. Fry sausage; drain off fat. Add to soup with onion. Blend tomatoes in blender. Add to soup with Tabasco, lemon juice, pepper and Bouquet Garni. Simmer for 1/2 hour longer. Makes 6 qts.

Bouquet Garni

4 t parsley	2 t thyme
1 t bay leaf, crumbled	2 t rosemary
Some celery flakes	

Curried Pumpkin Soup

1/2 lb. mushrooms, sliced
1/2 C chopped onion
2 T butter or margarine
2 T flour
1/2 to 1 t curry powder
3 C vegetable broth
1 (15 oz.) can solid-pack pumpkin
1 (12 oz.) can evaporated milk

1 T honey
1/4 t pepper
1/2 t salt (optional)
1/4 t freshly ground nutmeg
Fresh or freeze-dried chives

In large saucepan saute the mushrooms and onion in butter till tender. Stir in flour and curry powder till blended. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or till thickened. Add pumpkin, milk, honey, salt, pepper and nutmeg; heat through. Garnish with chives, if desired.

Cheesy Vegetable Soup

1 C each onion, celery, carrots, sliced
1 C frozen peas, thawed
1/4 C butter
1 can (16 oz.) cream-style corn
2-1/2 C milk
1/2 t salt (optional)
1/8 t pepper
1/4 t dried thyme
2-1/2 C shredded cheddar cheese

Saute onion, celery, carrots and peas in butter in 3 qt. saucepan for 8-10 minutes, till veggies are tender, stirring frequently. Add corn, milk and seasonings; heat over low heat 15 minutes, stirring occasionally. Add cheese, stir until melted. Serve with warm crusty bread.

Sweet Potato-Corn Chowder

3 oz. slab bacon, chopped
1 small onion, chopped
1/2 C chopped sweet red pepper
1/2 C leeks, chopped
1 t fresh (or 1/2 t dried) thyme
1 t fresh (or 1/2 t dried) marjoram
1/2 t salt (optional)
1/2 t pepper
1 (14-1/2 oz.) can chicken broth
3 C water
2 t cornstarch
1/2 C heavy cream
2 (medium-sized) sweet potatoes, peeled and cut into 1/2" chunks

1 C fresh or frozen whole kernel corn
In a 4-qt. saucepan, saute bacon till crisp and browned. Remove bacon with slotted spoon. Set aside.

Add onion, pepper, leek, thyme, marjoram, salt and pepper to drippings. Saute, stirring occasionally, for 10 minutes.

Add sweet potatoes, corn, broth and 2-1/2 cups water to mixture in pan. Cook until potatoes are tender, about 15-20 minutes.

Mix cornstarch into remaining 1/2 cup water. Stir into soup mixture. Heat soup to boiling, stirring constantly, and cook until thickened.

Reduce heat to low. Stir in cream and reserved bacon. Heat just until bubbles appear on side of pan. Serve immediately.

Hot soups are all good in the cold weather. The bean soup made into a kit is one of my best sellers.

ROSEROOT! NOT THE ROSE YOU THINK

Joe Smulevitz, C.H., M.H.

We're all familiar with roses that love sunny, warm weather. But have you heard of *Rhodiola rosea*, also known as rose-root, Arctic root, and golden root as it is often referred to in ancient legends. Not related to the common rose, the freshly cut root has a similar rose-like fragrance, thus the name roseroot. Unlike the rose, it is extremely resistant to cold. *Rhodiola rosea* is sometimes called Arctic root because it grows primarily at high altitudes in the arctic regions of Europe and Asia.

Preparations from the plant's root have long been used as a tonic to increase physical endurance, mental performance, longevity, and strength throughout Eastern Europe and Asia. Chinese emperors ordered expeditions to Siberia for the purpose of obtaining the plant for medicinal benefits. In Siberia and Middle Asia it was used for colds, flu's, and to prevent sickness during the harsh winters. Mongolian doctors prescribed the highly prized herb for cancer and tuberculosis. Various medicinal uses for *Rhodiola rosea* appeared in the scientific literature of Norway, Sweden, Iceland, Germany, and the Soviet Union between 1725 and 1960. The beginning of modern scientific investigation into *Rhodiola rosea* and its use began in the 1960s. By 1968 Russian pharmacologists classified *Rhodiola rosea* as an adaptogen, an herb that increases the body's ability to adapt to stress with few side effects. The Russian Ministry of Health recognized *Rhodiola rosea* extract in 1975 as a medicine and tonic for increased attention span, improving memory, to combat fatigue, and a number of neurological conditions. Ten years later, Sweden approved the herb as an agent to fight fatigue and as a stimulant.

In the west, *Rhodiola rosea* is still not well known. It has not made significant inroads in the North American natural products market. This may be due to the fact that most of the research comes from Russia and Scandinavia. Nearly 200 studies have been published mainly in Slavic and Scandinavian languages since 1960, rarely translated into English.

Research has shown the following health-promoting applications of *Rhodiola rosea*:

- ◆ Stimulating effect on the central nervous system in small or medium doses.
- ◆ Sedative effects in larger doses.
- ◆ Builds physical endurance, and curtails recovery time after exercise.
- ◆ Improves function of thyroid without causing hyperthyroidism.
- ◆ Better functioning of thymus gland and protection from the involution that occurs with aging.
- ◆ Anti-depressive activity in persons with mild to moderate depression.
- ◆ Appears to increase learning, thinking, and

memory.

- ◆ Improves physical fitness, mental fatigue under stressful conditions, coordination, and general well being.
- ◆ Increases intellectual capacity by improving perception and processing of information.
- ◆ Reduces stress-induced cardiac damage.
- ◆ As an antioxidant may protect the nervous system from oxidative damage by free radicals.

Rhodiola rosea is generally taken as a root extract in pill form or as a tea. Standardized root extracts are available as capsules or tablets that provide precise dosages of rosavins and salidroside, the main active components in *Rhodiola rosea*. The recommended daily dose is approximately 75-150 mg taken twice daily containing 3% rosavins and 1% salidroside. As a tea, drink 1-2 cups a day. The supplement is best absorbed half an hour prior to breakfast or lunch on an empty stomach. If taken later in the day, it can interfere with sleep or cause vivid dreams, especially during the first few weeks.

There are many species of *Rhodiola*. Only *Rhodiola rosea* has been the predominant subject of animal, human, and phytochemical studies, and is certified safe for humans. Avoid products that do not clearly state *Rhodiola rosea* in the ingredient listing on the product's label.

Most individuals will find that *Rhodiola rosea* will benefit their mental clarity, mood, and energy level. Persons suffering from anxiety may find themselves becoming overly jittery or agitated when first using the herb. In this case, a smaller dose with gradual increase is suggested. Avoid use if suffering from bipolar disorder. *Rhodiola rosea* has an activating antidepressant effect in persons who are susceptible to becoming manic when given stimulants or antidepressants. Consult your healthcare provider before using if pregnant, nursing or taking medication.

Joe Smulevitz is a Chartered Herbalist, a Master Herbalist, a nutritional researcher and author of numerous health articles. He can be reached at herbalistjoe@sympatico.ca

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Panzanella Salad
(Italian Bread Salad)

- 6 Cubed Roma Tomatoes
- 1 Peeled & Deseeded Cucumber
- 1 TBL minced Red Onion
- 16 Medium Fresh Basil Leaves
cut in thin strips
- 3 Cups Croutons
- 3 Cups cooked, cubed seasoned
Chicken Breast
- 8 oz Chef Tim's Sweet
Balsamic Vinaigrette

Toss ingredients & place on a bed of
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How to Build an Herb Drying Rack



Like most herb gardeners, I eagerly look forward to the harvest, anxious to gather my aromatic crop of pungent sage, citrusy lemon balm, and fragrant lavender (to name a few). Fortunately, my herb garden was abundant this year. Unfortunately, my dehydrator was full (actually, overflowing). How could I dry the remaining herbs? Why not build an herb drying rack? It was surprisingly quick and easy to do and cost very little money (in fact, the total cost was \$13.90). With a few materials and a little bit of know-how, you too can build an herb drying rack.

Materials

One 8' long piece of 1" x 4" clear hemlock – ask for finish lumber #1

Two dowel rods, each 4' long and 7/16" in diameter

Elmer's Wood Glue

Finish nails

Tools

Electric drill

7/16" drill bit

Hand saw

Light hammer or rubber mallet

Pencil

Nail set (optional)

Directions

1) Using the hand saw, cut the 1" x 4" hemlock board into the appropriate length for your space. I had a six-foot-long wall space available for my herb rack. But, finish lumber is usually sold in eight-foot lengths, so we cut off the extra two feet and saved it for another use. Note: Because of drying and planing, a piece of 1" x 4" lumber actually measures only 3/4" thick and about 3-1/2" wide (a 2" x 4" isn't really 2" x 4", nor is a 4" x 8" actually 4" x 8" and so on).

2) Next, cut the dowels in 7" sections (you'll have a little left over). I could have used shorter sections, but I wanted to

ensure a good flow of air in every direction around the herbs (final dowel length after the rack is assembled is actually 6.25").

3) Using a pencil, make a mark on the board about 1-3/4" down from the top edge and 6" in from the outside edge. Then make a pencil mark about every six inches across the board (each mark should be placed about 1-3/4" down from the top edge). This is where you will drill the holes for the dowels. Placing the dowels at six-inch intervals is just one more step in ensuring good air flow around the herbs. Depending on the length of rack you decide to build, you may want to place your dowels closer or further apart, to make sure they appear evenly spaced on the finished product.

4) Insert the 7/16" drill bit into the drill. Drill all the way through the board at each of your marks. Be sure to hold the drill perpendicular to the board so that the dowels will be level once they are inserted into the holes.

5) Lay the board on a flat surface and squeeze some Elmer's Wood Glue around the cut edge of each hole. Immediately place a dowel section in each hole. Use a hammer or mallet to lightly tap each dowel, pushing it all the way in, but not past the back edge of the board. Repeat with the remaining dowels, wiping off excess glue with a paper towel. Allow to dry overnight.

6) At this point, I painted the rack white so it would blend in with my wall. Varnish or Verathane on the rack would also look good, as would leaving the rack unfinished. This would also be a great time to decorate the rack with hand-painted herbal designs (that's my next project).

7) The final step is to nail the board to the wall. We used finish nails and nailed wherever there was a framing stud. But you could also mount the rack to the wall using molly bolts or other wall anchors. We then recessed the nails (using a nail set) and then puttied and painted the holes. That's it! You're done.

Why not spend a little time during these cold winter months getting ready for the next harvest season? Build an herb drying rack. It's quick, easy and inexpensive and you'll be prepared if nature produces a bumper crop of herbs.

Karen Hood
Prineville, OR 97754
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Instead of drying your herb bounty, how about using a microwave to dry herbs? That's certainly a fast, efficient way to dry a large volume of herbs. In fact, you can dry a batch in only a minute or two. Unfortunately, it's easy to overcook the herbs and I'm still not convinced that microwaving herbs (or any food, for that matter) is actually good for us. In addition, I've noticed that the heat produced during microwaving destroys some of the fragrance, and therefore flavor, of the herbs. So, I'll stick with drying.

Historic Herbal: Pearls

Kathleen Setzer

Before reading too far into this article, I'm going to ask you to take a moment and hold the word "pearls" in your mind. Close your eyes and see what first comes to you when you imagine this word. Once you have that visual, go ahead and open your eyes again...

So what did you see or think of right away? Perhaps it was your grandmother's favorite pearl earrings, strands of pearls draped down the neck of a classic beauty, or maybe even thousands of strings of pearls displayed on a table in an old Italian market. Though there are some common themes when one thinks of pearls, for the most part everyone will imagine something a little different. The sheer variety of images that come to mind are a testament to the nearly mystical allure of pearls across cultures and time.

I'm going to take a bold guess and say that few readers imagined a lustrous pearl being tossed into a mortar and ground to bits! If you did, congratulations, you are right on track to start thinking about the medicinal virtues of pearls through history. While there is a wealth of information concerning the lore of pearls, it's not nearly so often we have a chance to think about the effects of pearls on our bodies the way physicians did several hundred years ago. With love on the mind through this season, it's an excellent time to learn a little more about pearls. While not strictly 'herbal' in nature, I hope that the remedies related to this jewel of the sea might be of interest even to modern herbalists.

Just as a variety of images came to mind when contemplating pearls, there are a variety of ailments which were traditionally thought to be improved by the use of pearls. Many of these ailments are located close to or directly related to the heart. Pearls were thought to have a cold and dry constitution. Historically, they were used to...

- Strengthen the heart
- Clarify and cleanse the blood (esp. for those with thick, slow blood)
- Soothe the nerves
- Overcome melancholy and grief
- Help the body restore order and strength
- Resist fevers
- Preserve health (esp. against the effects of aging)
- Increase milk in those who were nursing

So how were pearls used to achieve such results? The image I mentioned earlier with the pearl being crushed is certainly one way pearls were prepared for use. Another was to use lemon juice to break down the pearls, then carefully wash away the juice and allow the preparation to dry, leaving behind a fine sediment of pearl which could be easily added to medicinal cordials.

One remedy that incorporated pearls was called *Saccharum tabulatum perlatum*. This preparation was basically a sugar lozenge with ground pearls and gold leaf added towards the latter part of the heating process. It was a medi-

cine thought to "be naturally cooling, appropriated to the heart, restores lost strength, takes away burning fevers and false imaginations." The recipe is as follows:

Saccharum tabulatum perlatum

"Made by pouring the sugar upon a marble after a sufficient boiling in half its weight of Damask Rose Water. Add to every pound of the former towards the latter end of the decoction, Pearles prepared and bruised, half an ounce, with eight or ten leaves of gold."

The wording of this recipe may sound a little confusing at first if you aren't used to seeing it explained in this way. Personally the sound of pearls in candy sounds pretty delightful, so here's a modern adaptation you may want to try next time you feel like making something very unique. Just resist the temptation to crush your poor grandmother's earrings for the sake of a good experiment!

Pearled Lozenges

- 1 C Sugar
- 1/3 C Light Corn Syrup
- 2/3 C Rose Water (or Orange Flower Water)
- 10 Rice Pearls, Finely Ground
- 1/2 C Confectioner's Sugar (for coating)

(Continued on page 28)

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Slow Cooker Soap in Winter

We return to the joys of slow cooker soap.

I love my tiny slow cookers. They are the perfect size for soap batches made with a pound of oils.

Probably the best way to learn about an herb is to have direct experience with it. There are many ways to do this, and this month we'll do it with soap.

In my Los Angeles garden in January there are slim pickings. The comfrey and orange mint will be there for sure, and I'll turn to my dried herb stores for lemon verbena and mugwort. No matter which herbs you choose, dry them and crush them into medium-small flakes. For woody herbs like lemon verbena pick out the stiff sticks.

You're going to knead the herbs into neutral, still-hot soap from the slow cooker. You force the soap into neutrality by cooking it. How long it takes depends on your slow cooker and the amount of soap you're making. A small batch in a tiny crock takes about ninety minutes to become neutral. You can test for pH a number of ways, I always use a drop of phenolphthalein. Do an internet search for it. You can get an ounce for about five dollars and it will last through many slow cooker soap adventures as you only use a drop to test for neutrality. If the drop turns pink, you need to keep cooking, if it turns clear, it's ready. If you've measured correctly, a small batch will most likely be neutral after two hours. It is always best to test, though.

Once the soap is neutral, give it a good stir. Take about a four-ounce lump out of the mass and plop it on a square of freezer paper. Put the lid back on the crock pot. Using a stainless steel spoon, pat the hot soap to thin it to about 1/2 inch thick to help it cool. Judge carefully when the soap is cool enough to handle. When it is cool on the surface, it will still be molten inside. When you can handle to soap without scalding yourself, knead it as you would bread until it

begins to become smooth. Flatten it out on the work surface again and sprinkle about a tablespoon of dried herb onto it. Fold the mass in half and flatten it out, repeating the motions until the herbs are fully incorporated. Shape the four ounces into a sphere, a cube or something more complicated. Set it aside and repeat with each herb until the soap has all been used.

Once you've gotten the hang of kneading the hot soap, start to observe how the herbs behave. The aroma will come as the essential oils are released by the hot soap. Some herbs will stay stiff, some will soften immediately. Some will stay green for awhile, although most every herb will turn brown in the soap after a short time. What do you learn about the herb as you smell it this way? What effect does it have on your hands, your sinuses? One of the best benefits of working with soap like this is the deep heat hand massage. If you have arthritis, experiment with beneficial herbs and make notes on how your hands feel.

Basic Mini Slow Cooker soap recipe

11 oz olive oil
6 oz coconut oil
.5 oz castor oil
4.5 oz water
2.3 oz lye

Put the crock insert of the slow cooker on your scale. Weigh the oils into the crock then place it in the cooker, then plug it in. Let the coconut oil melt while you assemble your other ingredients.

You will get about five four-ounce soaps from this batch, so you can use five different herbs. Of course you can mix them, or make them all from one herb. Place the dried herbs on your work surface. Tear and make a little stack of a few sheets of freezer paper to make "place mats" for kneading the soaps.

Put a heat-proof glass measure on your scale. Weigh the 4.5 oz water into the measure, set aside. Use a small container – I use yogurt cups – to weigh out the 2.3 oz of lye. **DON'T FORGET YOUR GLOVES AND EYE PROTECTION!** Carefully sprinkle the lye into the water, stirring the whole time until the lye solution is clear. Remember that the solution will become very hot and steam, don't breathe the steam or get it in your eyes.

When the lye solution is clear, pour it into the melted oils. The heat from the lye solution will finish melting any still-solid coconut. Take the lye tools – stirrer, measure and yogurt cup – to the sink and rinse them well so you don't have to do it later.

Stir the raw soap batter until it begins to thicken. You can speed this up considerably by using an immersion blender. You'll probably only need a few pulses to get it going. When you're sure the soap has traced, put the lid on the crock pot. Plan to let it cook for 90 minutes. Every 20 minutes, take the lid off – wearing gloves and eye protection – and stir the soap. Each time you stir, the soap will probably be in a different state. The first time the center will be opaque and there will be a darker, shiny ring all or part way around the mass. The second time you stir it will be mostly in the dark shiny state, and when you stir it it will look like applesauce. (This inspires me to use dried chamomile,



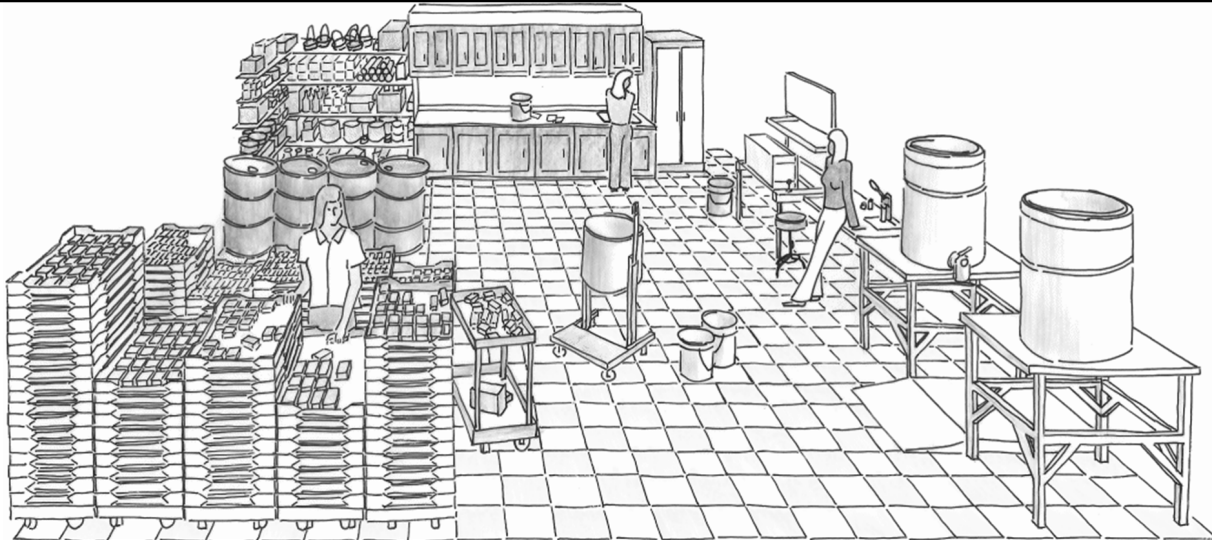
because it has always smelled like apples to me...) 80 minutes in, give it one last good stir and put the lid back on. In ten minutes, test for neutrality. You want the mass to be homogeneous so that testing one part will be like testing the whole thing, that's why you stirred it so well at 80 minutes. Put a drop of phenolphthalein on a portion of the soap, and if it stays clear, you're set to go. If it shows pink, stir the soap really well again and cook for 15 more minutes. Test again, if it still shows pink, cook for another 30 minutes. (If it still isn't neutral after that, you've probably measured something wrong along the way. Carefully scoop out the mass into a plastic-lined box and have it go out with the trash.)

When you've determined that the soap is neutral, proceed as above.

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(*Aloe Vera*
Continued from page 17)

lung disorders, chronic leg ulcers, periodontal disease, seborrhea and hair loss. Aloe is effective against ringworm and other fungal infections, abscess, inflamed cysts and hot spots.

Studies performed in the 1960s and repeated in the 1980s confirmed findings that Aloe is highly effective against *Staphylococcus aureus*, *Streptococcus viridans*, *Candida albicans*, *Corynebacterium xerosis*, and the five strains of *Streptococcus Mutant*, and that it is nontoxic. Furthermore, Aloe quickly relieves pain, eliminates soreness, irritation and swelling, and is a very effective treatment for herpes and shingles. Researchers concluded that Aloe is a powerful anti-inflammatory and antimicrobial agent and is effective against a broad spectrum of micro-organisms.

Studies conducted at the Chicago Burn Center demonstrated the ability of Aloe vera to heal third degree burns and frost bite up to six times faster than accepted modern medical treatment. Dr. Heggars, M.D., who directed the study, concluded that these healing effects were due, at least in part, to the steroidal compounds and salicylic acid present in the whole leaf. He found that Aloe eliminated scarring; normal skin color returned, and the hair follicles were completely regenerated, allowing for re-growth of hair in burned areas of the skin and scalp. Aloe was found to be more effective in preventing and controlling infections than Silver Sulfadiazine.

Researchers at the Linus Pauling Institute concluded that drinking Aloe vera juice helps improve protein digestion, promotes balance of digestive bacteria, relieves indigestion and reduces acid stomach. They also found that it helps normalize bowel movements, controls yeast infections, can be a benefit to those dealing with irritable bowel syndrome and colitis, and that it has no toxic effects.

Researchers from Okinawa, Japan, reported in the Japanese Journal of Cancer Research that Aloe contained at least three anti-tumor agents, emodin, mannose and lectin. When Dr. James Duke, the well known and much beloved herbal educator, was with the United States Department of Agriculture, he approved the use of Aloe mannose as a treatment of soft tissue cancer in animals and of feline leukemia.

In Traditional Chinese Medicine Aloe vera is considered a cool, moistening, Yin tonic and used to allay irritation, inflammation and infection and also to relieve congestion.

Directions for Use - Aloe vera is simple to use to treat external conditions, such as burns, wounds and skin afflictions. The clear gel inside the leaf has an immediate soothing effect and places a protective coat over the affected area, speeding the rate of healing and reducing the risk of infection. This action is due in part to the presence of *aloectin B*, another immune stimulating constituent present in the gel. To obtain the gel, cut a leaf in half along its length and apply the inner pulp to the affected area.

The yellow sap that oozes from the base of the leaf when it is cut is called bitter aloes. This bitter sap contains an-

thraquinones which are a useful digestive stimulant and act as a strong laxative. Anthraquinones also bind to calcium in the urinary tract and significantly reduce urinary calcium crystals. Aloe can be used to prevent stone formation and reduce the size of kidney stones.

Aloe juice, made from both the skin and gel of the plant, may be a useful therapy for those with diabetes type II, as laboratory studies show that it can stimulate insulin release from the pancreas and reduce blood sugar and triglyceride levels in the blood. Throughout history Aloe juice has been mixed with water, milk, wine, honey and many other substances to make it easier to use and more palatable, with no loss of effectiveness.

Remember that it is the *synergistic* relationship between all parts of the plant that make Aloe vera such an amazing healer. Most authorities agree that there is no single agent responsible for Aloe vera's ability to heal, and therefore using the whole leaf is most effective. In antiquity the whole plant was used, rather than one or another of its parts. The leaves were often ground up and cooked to preserve their medicinal value when traded across long distances. Successful modern studies have used either a combination of the sap and gel, or the whole leaf.

Household benefits – Aloe plants improve air quality, and when grown in pots inside the house, helps remove toxins from the atmosphere. The plant has a strong reputation in the magical realms; because its leaves emerge from the base of the plant in groups of three, it has been associated with the sacred Trinity since the most ancient times. Additionally, Aloe vera is believed to protect the home and its inhabitants from the *evil eye* and when kept in the kitchen, helps prevent culinary mishaps.

Caution: People with heart disease, kidney disease, or electrolyte abnormalities should not take aloe internally. Topical use of Aloe is entirely safe during pregnancy and breastfeeding but oral use is not recommended.

Excerpt from *Through the Wild Heart of Mary; Teachings of the 20 Mysteries of the Rosary and the Herbs and Foods Associated with Them*, by Gail Faith Edwards, Bertha Canterbury/Rosina Publishers, 2009

www.blessedmaineherbs.com

Dill Pesto

1 C fresh dill
1/2 C fresh parsley
1/4 C Parmesan cheese
1/4 C almonds or walnuts
2 cloves garlic
1/2 C oil
1/2 t salt
1 C grated Swiss cheese

Combine dill and next 6 ingredients in a food processor or blender. Process until coarsely ground. Add Swiss cheese and process until mixed. Add extra oil if consistency is too thick (from Today's Herbal Kitchen).

Herbal Extracts

When making an herbal extract it is important to first have an idea of what characteristics or activities of the herb you are attempting to extract. Extract means to draw or to pull out, to obtain from a substance by chemical or mechanical action. Extractions are based on the chemical or physical properties of the substance of interest which is why it helps to know a little about those properties first.

There are several ways extracting an herb (or anything for that matter). The most common extracts are those based upon solubility. Solubility refers to ability of a substance to dissolve in a solvent to make a solution. A solvent is a liquid that is able to dissolve a solid, liquid or gas material that is known as a solute. Common solvents used in herbalism include water, oil and ethanol. Water and oil have very different characteristics and are referred to as polar and apolar solvents. These different characteristics enable them to dissolve different solutes.

Water which is polar will dissolve other chemicals that are polar. These molecules include flavonoids and polyphenols which are primarily plant pigments, and tannins, saponins, organic acids such as formic acid, amino acids, sugars including echinacin from Echinacea. Solubility of a substance in water can also vary depending upon the temperature and pH of the water. This is why some chemicals such as minerals are dissolved in vinegar; essentially water with an acidic pH.

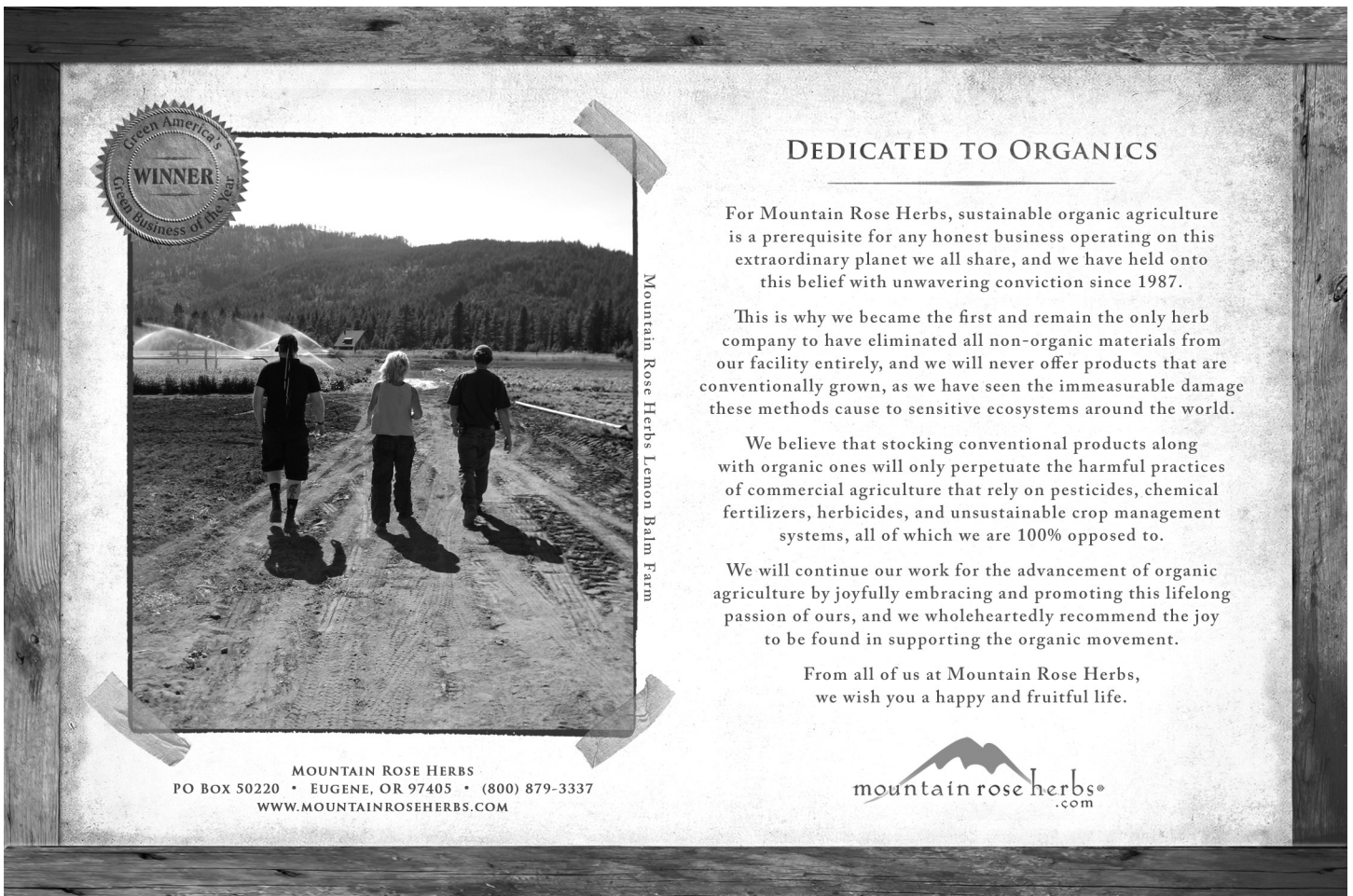
Oil which is apolar or nonpolar will dissolve other polar molecules. These include fatty acids, lipids, fat soluble vitamins such as vitamin A and E and some essential oil components and resins. Some industries will use other nonpolar solvents such as hexane which is not safe for ingestion and not used in herbalism.

Ethanol also known as grain alcohol or drinking alcohol has chemical groups on it which are both polar and nonpolar. Because of this it can dissolve a portion of what water and oil can dissolve but not all. Ethanol will dissolve alkaloids, polysaccharides, essential oils and resins to a certain amount. Ethanol is a favorite solvent for herbalists because it is good at extracting a variety of molecules and will prevent microbial growth, something

water will encourage. Sometimes polysaccharides will initially dissolve in ethanol but later lose their solubility and precipitate or fall out of solution.

Distillation will separate chemical substances based on differences in their vaporization points rather than their solubility. Vaporization point is the temperature at which a substance becomes a vapor. This is more easily thought of in terms of water. The vaporization point of water is the temperature at which it becomes steam which is the same as its boiling point: 100° C or 212° F.

(Continued on page 28)



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Pineapple Sage Jelly – a true delight for the senses!

Well, summer ended much too quickly here in the UP of Michigan. It was unseasonably cool and the tomatoes didn't even have time to ripen. So while others were talking of harvest and how great everything looked, I was scrambling to get everything in and "put up" before the cold winds and, dare I mention the "S" word, SNOW arrived! Mind you, this was in early October!

One lovely herb that I was introduced to over a decade ago is Pineapple sage. I was living in Colorado at the time and had several rows of raised boxes with their own individual sprinkler systems. (My hubby is a MASTER craftsman of just about anything I ask for, so he designed these for me!)

Pineapple sage, (*Salvia elegans*) is a wonderful tender perennial herb that is a member of the mint family. It likes full sun and light, sandy soil. If you are blessed to live in zone 9 or higher, you can grow this with no protection year round. If not, you can pot it and bring it inside before the first frost.

Normally, and in the boxes in Colorado, the Pineapple sage has a beautiful red, tubular flower that extends out the top on spikes above the leaves. Unfortunately, I got no flowers on mine here in the frozen tundra!

The most wonderful thing about the herb is the scent. It truly smells like pineapples! I lived in Hawaii for 6 years and the smell takes me back to the island of Oahu in the summer when you can drive through the fields and breathe in the smell of fresh succulent pineapples.

I knew I wanted to save some for the winter, but wasn't

sure what to do with it. Then I decided on making some jelly. This is a great way to save some of your herbs, and will work with almost any herb that is tasty. (I don't think I'd try it with valerian unless you want the house to smell like feet!)

I couldn't decide what juice to use as a base – apple or Pineapple. With some helpful coaching from Marge Clark, of Nature's Gift, I decided to go with the apple since pineapple juice might make it too pineapple-y. (Is that even a word?)

I hate to experiment, but one of my favorite herbalists encouraged me to "go for it! What's the worst that could happen?"

Was she kidding? Let's see, a pot full of "goo" that I couldn't figure out what to do with, wasted ingredients, time, money, expense – did I mention waste? – the list is endless! But Tina Sams is one of the most resilient and creative women I know. NOTHING stops her!

"What if it's too runny," I complained.

"Just label it Pineapple Sage Syrup," she answered confidently as if that were evident to anyone with half a brain. (I DO have half a brain, but it's the left half, so creativity is totally foreign to me!!!)

Anyhow, here's the recipe – simple, and again, substitute your favorite herbs to do the same thing.

Pineapple Sage Jelly

- Combine 1 1/2 cups of fresh pineapple sage leaves with 3 1/4 cups apple cider or apple juice. I packed the leaves and chopped them up before putting them in the juice.
- Bring to a boil. Let steep for 30 minutes. Strain off the herbs.

Tales from the Tetons
(Continued from page 16)

on the outside and yellow on the inside.

It is said to be very hard to cultivate in the home garden and this is why. In Osha's natural environment, the wind breaks its stems and causes the seeded umbels to lay there upside down. Due to the high altitude on which it grows, it will fall in snow, then as the snow melts, it lays onto the surface of the earth. The seeds of *Ligusticum porteri* are cupped, so as they lie in this state, the seeds fill with water from the melting snow. With this moisture and the sunlight, the osha seeds germinate and begin its life cycle from there.

The energetics of the plant is warm, spicy and bitter. Its actions are diaphoretic, antiviral, antibacterial, expectorant, stomachic, bitter and emmenagogue and works primarily on the lungs and stomach.

The Native Americans used this herb for many lung conditions such as pneumonia, bronchitis, tuberculosis, sore throats, colds, hay fever and flu.

Since this is a warming herb, it is recommended for those with a cold constitution. A red, hot fevered situation may not

be the best time to administer osha.

It is also suggested for spasms, toothache and retained placenta.

Osha has been detected in the milk of breastfeeding mothers, although I have not observed any research or experience with it being harmful to a nursing.

Osha is also emmenagogue which means it can bring on delayed menses. For this reason it is not recommended for pregnant women. As it may act as an abortifacient. As a matter of fact parsley, in large doses, can be an abortifacient. Parsley is in the same family as Osha. The apiaceae family.

Osha helps inflammation of the respiratory tract. This herb is good when the tract is dry as it helps to keep the mucus wet. Constituents in Osha help to stimulate the cilia on the cells of the mucous membranes in the lungs to clear up mucus build up from the lungs out through the throat.

One of the constituents of Osha called Ligustilide, was found in clinical trials to interfere with the life cycles of microbes, hence it was determined to be good for fighting virus and microbes. Also it showed to be beneficial for

- ☛ Add one packet of powdered no sugar pectin and 1/2 tsp butter.
- ☛ Bring to a boil.
- ☛ Add 4 cups sugar all at once or 1 1/2 cups honey
- ☛ Bring to a boil again and boil hard for one minute.
- ☛ I always test by taking a little in a spoon and putting it in the fridge to see if it jells. If it does, you're good. If it's still runny, cook it a little longer.
- ☛ Pack in jars which you've already sterilized and seal. Then send to friends and family!!!

Well, Tina and Marge were both right. (One of the reasons I constantly go back to them with questions. These gals know their stuff!) The jelly turned out wonderfully. It didn't turn out too "pineapple", but was subtle and maintained

the scent. I hear Marge devoured hers with some crackers at lunchtime. I decided to try mine on some Oriental Chicken I made for dinner and it was awesome! It's also great as a glaze on pork or ham. I think Tina probably used hers as a masque or in some secret formula to take over the free world, but there's really no telling!

So gather up those herbs, boil some jars and start making some wonderful herbal jellies to share with friends and family this holiday season. Everyone will think you're so smart and creative and guess what? YOU ARE!! You subscribe to THIS magazine, don't you!?

Karen Mallinger
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Celebrating Oats

Susan Evans

Oats are nourishing, calming and fortifying. Oats contain iron, vitamin B complex, calcium, magnesium, potassium, and vitamins A and C. High in fiber and protein, a steaming bowl of steel cut oats makes the perfect warming winter breakfast. Oats help lower cholesterol, assist in circulation, and they have a soothing effect on our nervous systems along with a calming and moisturizing effect on skin. Eat, drink and bathe in oats for delicious, nourishing winter support.

Oatmeal Bath

1/2 C oatmeal
Clean cotton sock
Calendula petals, lavender buds or rose petals (optional)
Mix oatmeal with herbs and put into clean cotton sock. Insert sock over bath faucet and secure in place with a heavy duty rubber band. Start running water slowly until oatmeal and sock are completely wet and then you can turn up the pressure. After you have run the bath, take the sock off of the faucet and tie a knot in it and massage your skin with the sock.

Best Ever Granola

1/2 C honey or agave nectar
1/2 C brown sugar

1 1/2 t Vanilla
2 C oats
1 C sunflower seeds
1 C slivered almonds
1 C coconut
1 C walnuts

In saucepan cook honey, brown sugar and vanilla over low heat until melted. Combine with dry, mixed ingredients and bake in a single layer on a greased cookie sheet for about 25 minutes at 325. Cool and enjoy.

Oatmeal Crisp

1 1/2 C brown sugar
1 C rolled oats
1 C flour
1/2 C melted butter
3 C peeled, cored and sliced apples
2 t cinnamon
Dash of nutmeg, coriander and/or cloves (optional)
Grease an 8" pan. Combine 1 cup brown sugar, oats, flour, spices, and butter. Mix until crumbly. Mix apples with remaining 1/2 cup of brown sugar. Place half of crumb mixture in pan. Evenly spread the apples over and top with remaining crumb mixture. Bake in a preheated 350 oven for 40 minutes or until golden brown. Serve warm with vanilla ice cream or a spoonful of yogurt.



asthma.

It is also considered anti venomous and is useful for insect bites.

Influenza with thick mucus and sore throat would be a good indicator for Osha.

Osha tincture has been said to bring people out of anaphylactic shock.

If one has food allergies in their family, it might be a good thing to keep in your first aid and administer a dropperful if shock and the blue color comes on from allergic reaction.

Susun Weed has shared that Osha tincture has revived people faster than calling 9-1-1.

One of my latest **throat analgesic sprays** is:

1/2 oz echinacea tincture

1/2 oz marshmallow root or leaf tincture

1/4 oz clove tincture

1/4 oz osha tincture

If I had it ready, I might add licorice root tincture to this spray.

I could write so much about this plant because I love it so much. The stories about the bears and Osha is simply delightful and maybe I can share those sometimes.

Osha is called bear medicine for a reason.

Kristena Haslam
<http://dreamseedsorganics.com>



Herbal Extracts

(Continued from page 25)

Some chemicals with a low vaporization point that are easily distilled include methanol, ethanol, hexanol, octanol (from geranium), hexanal (from eucalyptus) and octanone (from rue). Larger molecules such as pigments are less volatile and do not distill and are better extracted in water. Herbal distillates generally contain a small amount of essential oil as well as plant acid and alcohols. If there are a lot of oil soluble molecules in a distillate they will start to separate out of solution and float on the top of the water. This is how essential oils are separated.

So although these are the main methods for extracting herbal properties there are endless variations of how each is done. Some extraction procedures utilize more than one of these techniques as well.

Cindy Jones, Ph.D.,
author, educator, formulator, biochemist
Sagescript Institute, llc
<http://www.sagescript.com>

INSTRUCTIONS

- Start by grinding your pearls in a mortar and pestle
- Combine the sugar, flower water and corn syrup in a pan
- Cook over low heat, stirring until the sugar dissolves and the mix begins to bubble
- Allow to boil without stirring until it reaches hard crack stage (approx 290F-310F)

Note: You'll want to add the ground pearls in at around 260F, but do not stir

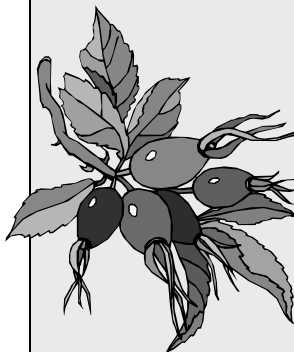
- Pour the mixture into hard candy molds
- Allow to cool completely
- Pop the lozenges out and give them a quick coating of confectioner's sugar

Resources:

Lovell, R. (1661). Sive Panzoologicomineralogia. Oxford
Culpeper, N. (1652) The English Physician or, An Astrologo-Physical Discourse of the Vulgar Herbs of This Nation. London

Kathleen Setzer is a aspiring herbalist and artistic anachronist residing in eastern Pennsylvania.

Rose Hip Butter



You will need: rose hips, sugar, cinnamon stick and cloves. I add ginger because I love ginger! And a little on the heavy side for the spices.

Pick as many hips as you can, or want. Make the butter the same day or freeze them. Place the hips in a sauce pan with enough water to just cover them. Simmer until the hips are soft (the smell reminds me of tomatoes). Run them through a sieve to remove skins and seeds. Return pulp to pan, add 1/2 as much sugar as you have hips. Add the spices and heat slowly, covered, until the sugar is dissolved. Uncover and continue to cook slowly, stirring constantly until the mixture is thick. Pack in hot sterilized jars and lid immediately. Process in a boiling water bath for 15 minutes.

Since all you want is the pulp, you can separate the juice from the pulp after sieving it and make syrup. Measure the juice into a sauce pan, add 1/2 as much sugar. Bring to a boil and boil for 5 minutes. This will keep for a very long time in the refrigerator or you can jar and seal it like jelly.

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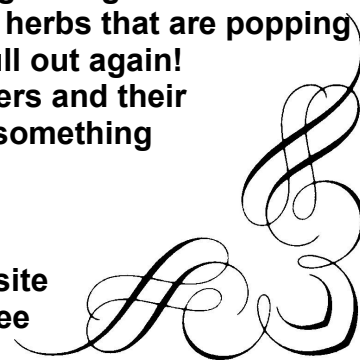
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Next Deadline January 15, 2010 March-April Issue

With our next issue we'll be heading back into spring. Gardening, new plants, new ways to grow them and as always, the uses for them and the reasons we are growing them. In the spring we also look towards wild edibles, wildcrafting, the "weedier" herbs that are popping up everywhere, and the recipes that we've been waiting all year to pull out again! Don't be shy, join in the fun and be a part of the magazine! Our readers and their ideas and recipes are what make this magazine sing. Everyone has something interesting to share, and now is the time.

OH—by the way...

We'll also be sticking some little video clips and how-tos on the website soon, so check in at www.essentialherbal.com from time to time to see what we're up to and learn a new craft or recipe.



PUZZLE ANSWER KEY (from page 8) a. andelica, b. basil, c. chives, d. fennel, e. dill, f. lavender, g. catnip, h. mint, i. Marjoram, j. parsley, k. oregano, l. rosemary, m. rye, n. sage, o. tarragon, p. thyme
Answer: Garden Hose



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LOUISIANA LAGNIAPPE by Sarah Liberta

Sweetheart Rose Brownies

For maximum WOW power, bake these luscious brownies in Nordic Ware's Sweetheart Rose cupcake pan—but they're delicious no matter what pan you use. The liqueur adds an extra dimension of flavor.

- 1 box fudge brownie mix for 8" or 9" pan
- 1 stick butter
- 1 t pure vanilla extract

- 1 T Praline liqueur (optional)
- 4 ounces premium chocolate chips
- 1/2 C chopped pecans, toasted

Preheat oven to 325°. Prepare mix according to package directions for fudgy brownies, except use butter in place of oil. Add vanilla and liqueur. Fold in chips and pecans. Spray pan with flour-and-oil nonstick spray. If using sweetheart rose pan, fill cavities 3/4 full and bake for 25-30 minutes, until a toothpick inserted in the center comes out clean. Put pan on cooling rack for ten minutes, then shake to loosen cakes and invert onto rack to remove cakes from pan. Cool to room temperature, or serve warm with a dollop of whipped cream or a scoop of vanilla ice cream. For standard pans, follow directions on package.

Yield: 12 roses

A photograph of aloe vera leaves and a whole avocado on a white surface. The aloe vera leaves are green with small white spots and serrated edges. The avocado is dark brown and bumpy. A glass of yellow liquid is partially visible on the right side.

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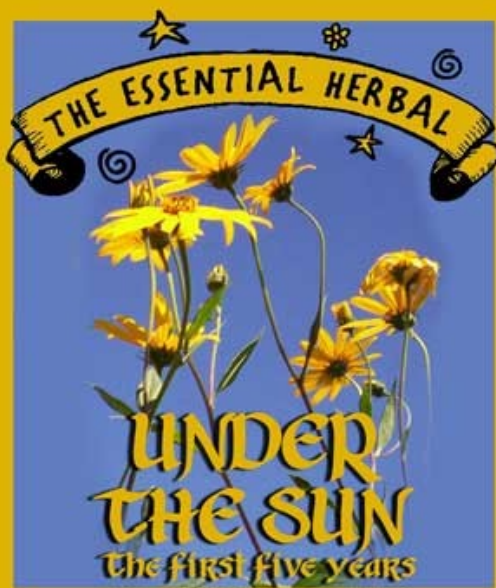
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