



Connecticut Thymes

October-December 2002, A Time to Winterize, Celebrate, Dream

Upcoming Events

CHA East

October 5, 1:30-Tea with Martina Ziska at the Rockville United Methodist Church.

October 13, 1pm-CHA Council Meeting hosted by Carole Miller. Everyone is invited to attend.

Nov 21, 7pm-Open House at Eva Maynad's shop at 140 South river Rd in Coventry, Ct. 860-742-1258. Members are encouraged to bring bartering items such as herb books, herbal body products, tinctures, old issues of magazines, cuttings from their herb plants and plenty of holiday spirit. Door prizes and refreshments will be served. Call for directions.

No meeting in December.

CHA West

(All CHA West meetings will be held at 7pm at Walk in the Woods, LLC; 82 Meadow St; Litchfield, CT. For more information contact Rosemari Roast at 860-567-9610)

Oct 23-Herbal crafts for gift giving.

Nov 21-We'll join with CHA East at Eva Maynard's to celebrate the holiday season (see information above for details).

No meeting in December.

Editors' Corner

One of the things I love about being a member of CHA is having the opportunity to get to know the people that belong to this organization. I've found that CHA members are growers...not just of plants but of their intellects. And, not only are they growers of knowledge, but also sharers of that information. CHA monthly meetings offer us a chance to tap into that knowledge base and I would like to encourage all our members-new and old-to attend one of our monthly meetings. Additionally, many of our members share their acquired knowledge with others by offering year-round classes. On page 3 of this newsletter you will find a few of those upcoming classes. However, this is just a small listing; if you have something you're interested in learning more about, please use your membership directory and make a few phone calls. Chances are there is someone in the CHA with knowledge on that subject and, maybe, even teaching a class on it.

Green Blessings, Sabre Duke

Attention Vendors: If you are a member of CHA **who did not vend at HerbFest 2002** but would like to be a vendor for HerbFest 2003 (the first Saturday in June) we need to get you on the list **now**, as applications will be sent out in November. Please send photographs of your display and a description of your goods and/or services to: Pam Brundage, 71 Rich Rd, Pomfret Center, CT 06259 or email: pambrundage@juno.com
Deadline for new applicants is November 10th (2002 vendors are already on our list and need not do anything at this time).

Herbs for Our Health

Herbs to Boost Immunity

When I consider any aspect of health and wellness, I ask myself “what is my need?”. This question breaks down to four basic considerations: is my need to NOURISH, to TONE, to RESTORE, or to CURE? In my approach, these considerations most often form two marriages: *to nourish and tone* and *to restore and cure*. When I look at immunity, these are my first considerations. Because my approach to herbalism and wellness in general is to BE and STAY healthy, my focus is on prevention, so nourishing and tonifying herbs and foods are a part of my every-day living.

To nourish and tone the immune system, my favored herb is Astragalus root. This is one of the traditional Chinese herbs that is a mainstay on my otherwise Western herbalist shelf. When so many others are busy getting their flu shots, I am busy getting Astragalus into my body so that when a germ enters my being, my T-cells and whole immune response will be ready to address those unwanted invaders and protect me from getting sick. I find that by taking astragalus my whole body and being is made stronger and I am better equipped to fend off illness-plus, it must makes me feel...better! And when I feel better, I AM better. I take (and often prescribe) a tincture of Astragalus in multiple dosages throughout the day for two to three months. I do this twice a year, as Winter approaches and as Summer approaches-to prepare my body for fending off cold, flu allergens and other invaders.

On those occasions when I feel an imbalance or disharmony (like I may be coming down with something) I go into the restorative and curative mode with Echinecea root. At the first sign of a suspicious symptom, I start a mega-marathon treatment by taking a solid dose of Echinecea every hour or two for one day, every two/three hours the second day and I rarely continue treatment on day three because the symptoms are relieved and I feel the balance and harmony are restored. If I were to continue a third day, I would dose every 4 hours or 4 times a day. In

my experience, the need for this is rare. In short, I love Astragalus root to keep my immune system well tuned and ready for invaders and I love Echinecea when I need to boost and awaken the immune response to deal with an invader. There are other herbs that promote immune health, these just happen to be two favorites of mine that empower the body in maintaining a healthy balance.

Herbs for Stress

Ahh, stress. To me stress is Zen-like. Stress is inevitable and necessary. Managing stress is a challenge for all of us. It is a necessary challenge and one that is too often misunderstood. When you consider ‘stress’ do negative images and feelings come to mind? Of course they do, but do positive images and feelings surface as well? If not, you are cheating yourself of the positive aspects of stress-those feelings and responses to stresses that motivate us and inspire us and that manifest positive change in our lives! Whenever we face a fear we experience some level of stress and yet we often come to realize that the fear was much exaggerated to the actual experience. For me, public speaking comes to mind. In my early days of addressing an audience, I would be beside myself with terror and anxiety-in short, stress. And yet, in those days, facing that fear supported me in my career AND it continues to do so and I have even grown to love public speaking. That’s not to say that I don’t still experience some degree of stress-I do! The difference is that I now have an awareness that by working through the negative aspects of the stress, positive aspects will manifest. By facing this stressor I meet new people, make new friends, share my experiences, learn from others and sometimes even help someone. To help me through those moments, I do work with breath and energetic grounding, but I also employ herbs on occasion to help me ground, center and breath with ease.

Leonurus Cardiaca (motherwort) is an herb I often carry with me in tincture form in case stress sneaks up on me in the form of anxiety, fear or worry. A small dose of this wonderful herb helps me to pull my energy back and to feel centered again. It seems to take the stress-edge off so I can mentally center and get back to where I need to be. A few drops of this before addressing an audience helps me to forget my worries and simply get on with

the business at hand.

Avena Sativa (oats/oat straw) is a wonderful relaxant. It is mild and loving and I drink this as a strong infusion at least once a week all winter long. After a stressful or exciting day, a cup of this warm infusion soothes, relaxes and warms the body and being. Plus, it has other health benefits. I keep it on hand in tincture form as well, but the warm beverage reaches my being in ways the tincture can’t quite manage.

Passiflora incarnata (passion flower) is helpful for extreme moments of stress-mental and physical. I employ this for occasional and short lived periods of dis-stress including overcoming physical addictions, coping with grief, and I use this herb in formulas to address depression-especially the seasonal variety. This beautiful herb is a gentle, yet powerful sedative that can help us through challenging times.

These are just three herbs that I have had positive results with when dealing with the various facets of stress. Finally-I ask you-when you experience stress of any kind, to remember to consider the positive aspect of those uneasy feelings as well as the negative. Our bodies are amazing at uncovering our inner-mysteries and our inner-wisdom and they are often revealed to us during times of dis-stress. Pay attention and honor your feelings! Be well!

Submitted by Rosemari Roast

Recipe Box

The following recipe was submitted by Michele Maclure. She notes that this jelly is very light and delicate tasting.

Queen Anne’s Lace Jelly

7 cups of water

30 large Queen Anne’s Lace Flower Heads

2 packages Sure-Jell

7 1/2 cups sugar

Bring water to a boil. Remove from heat. Add Queen Anne’s Lace flowers to water and let steep to make a strong tea. Let sit 10 minutes. Strain and measure 6 cups of tea. Add Sure-Jell to tea, bring quickly to hard boil, stirring constantly. Add sugar all at once, cook and stir. When mixture returns to hard boil, cook and stir for 1 minute longer. Remove from heat, skim and pour into sterilized glasses. Seal.

Makes 8 jelly jars.

From Summer 1987 Country Living Country Cooking

Gardening Corner

Members' Classes

Overwintering Bay and Rosemary Indoors

As the cooler season approaches, I prepare my potted bay (*Laurus nobilis*) and rosemary (*Rosemarinus officinalis*) plants for their yearly transition from outside to indoors. I know they are not thrilled about this coming change, so I make it as gradual as possible to lessen the stress. I have successfully overwintered my four year old plants in the following way.

When summer is winding down, I replot my plants in either glazed or plastic containers. I prefer these pots over clay as the soil will hold moisture longer, especially in the drier indoor environment. Repotting provides sufficient soil for winter growth and prevents the roots from crowding. As bottom drainage is essential, I put a layer of small rocks at the bottom of each container, and I use a potting soil with good drainage (containing perlite). Another way to help prevent the soil from drying out is to cover the top of the pots with a layer of sphagnum moss. I don't use fertilizer at this time because I want my plants to begin acclimating to the seasonal transition indoors while conserving their energy. However, I wash and spray the foliage with water and insecticidal soap a few times to avoid bringing bugs, such as spider mites, indoors.

Once the nights get cooler, I bring my plants into the basement for the evening and set them back outside in the morning. I gradually continue moving them back and forth until the mornings are covered with a light frost. Moving the plants in and out has two advantages. The gradual change in environment prevents any stress or possible climate shock. Additionally, keeping the plants outside daily, as far into the season as possible, helps to lessen bug problems.

A good spot for potted herbs through the winter months is a south-facing window, far away from a heater, where the air is less dry. Since I don't have such a spot in my home, I have found that the east-facing window in my unfinished basement works great. There is more moisture in

the cool basement air, and I have found that it is the dry indoor heat that causes the most stress on my indoor herbs. It is crucial to not let the potted soil dry out; it will cause severe root stress, possibly killing the plant. Spraying the rosemary leaves with water (and, if necessary, insecticidal soap) once or twice weekly helps with the indoor humidity problem. I don't have problems spraying my plants in the unfinished basement, as I would in a furnished room. I've never tried using a humidifier, but I'm sure it could greatly help as well.

Rosemary and bay are slow growers indoors, but will need some grooming over the winter. If I find scale on my bay plant, I scrub each one off with a toothbrush and rubbing alcohol. I also remove any yellowing leaves. As for rosemary, prune back the winter straggly growth, not the woody stems. I use a diluted liquid kelp fertilizer (0-4-4) once the plants have adjusted. I also pour in leftover teas, such as raspberry leaf or nettles, for added organic nutrients. And if your plants get really stressed out, you can always add some Rescue Remedy to the mix!

Submitted by Kimberley Ruddy

South River Herbals

- 860-742-1258
- Fri, Nov 2, 7-9pm-Introduction to Aromatherapy
- Sun, Nov 3, 1-3pm-Herbs for Women's Health
- Sat, Nov 16, 7-9pm-Pamper Party

Topmost Herb Farm

- 860-742-8239
- Oct 19, 2pm-Apples in the Fireplace Bake Oven
- Nov 16, 2pm-Herbs for the Holidays
- Dec 7, 2pm-Herbs for the Winter Windowsill

Gayle's Thyme

- 860-763-5206
- Oct 8, 6:30pm-Tea Tree Oil
- Oct 16, 6:30pm-Custom Tea Blending
- Oct 21, 6:30pm-Moon Magick
- Oct 25, 6:30pm-Making Tinctures
- Nov 4, 6:30pm-Home Remedy Chest

(Please call the phone number listed for further information on these and other upcoming classes. If you would like your classes mentioned in the next newsletter, please email Eva (maynard7@mindspring.com) or Sabre (JD420@aol.com).

2003 Council Ballot

Carole Miller, Paula Duhaime, and Sabre Duke have served on the CHA Council for two years and will be going off at the end of the year. It's time to cast your vote for who you would like to see sit on the Council in 2003. Please return your ballot to Paulla Duhaime, 278-3 Richard St, Newington, CT 06111 by November 30.

- Eva Maynard, South River Herbals
- Thea Pastore, Silver Birds Jewelry
- Cynthia Baker, Sattva Vital Health





Connecticut Thymes Publication

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Coventry, Connecticut 06238

email: maynard7@mindspring.com or JD420@aol.com



Upcoming topics for the Jan-Mar, 2003 newsletter:

Herbs to defrost body & soul

Beating the winter blues

Spring tonics

Your favorite spring green recipes

Early spring gardening

Herbal aphrodisiacs: fact or fiction (send us your stories & recipes for Valentine's Day)

If any member is interested in submitting articles for the Jan-Mar, 2003 newsletter, please email or send by Dec 1, 2002.

CHA Committees

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Please feel free to contact any of the above CHA members with your questions, ideas, concerns, etc.

CHA October Event

On October 5, at 1:30, CHA will sponsor "Tea with Martina." Dr. Martina Ziska will speak on "The Yoga of Herbs" at the Rockville United Methodist Church, 142 Grove Street, Rockville, CT. An inspirational lecturer, she will share the ancient ayurvedic view of the plant kingdom, and its gifts which enrich the individual's journey of self discovery, spiritual awareness and optimum health. Tickets will be \$12 at the door and \$10 in advance, and may be obtained by contacting Paulla Duhaime at 860-665-0285 or LadyBugPia@aol.com. Members are asked to furnish baked items and help on the day of the tea.