



The Connecticut Thymes

Thaw & Rejoice!

Spring to Summer 2004

CHA Calendar

April 22

EARTH DAY Dialogue & Plant Swap at Gayle's Thyme

7-9pm at 316 Hazard Ave in Enfield, CT.

For more information, contact Gayle at sagewand1@aol.com or (860) 763-5206.

See details inside this issue!

May 15

Tea Tasting & Art of Tea Lecture

2:30-4:30pm at Passiflora Tea Room & Herbal Apothecary, Rt 44 in New Hartford, CT

For more info call 860-379-8327 or 860-379-9155 *More details inside!*

June 5

HerbFest, \$5 admission

9am-4pm at Topmost Herb Farm in Coventry, CT.

For more info: 860-742-8239 or [read on!](#)

June 25-27

Integration of Eastern & Western Herbal Traditions \$250

Weekend intensive with Candis Cantin at Sattva Health in Southington, CT

For more info call: 860.276.3833

Read on for more info!

June 26

The Herbal Tarot \$15

with co-creator, Candis Cantin at Sattva Health in Southington, CT

For more info call: 860.276.3833

July 10

Garden Tour

12-2pm Tour of Kate Rakosky's Gardens in West Kingston, RI

August 21

Garden Tour

2-4pm Tour of Pam Quayle's gardens in Essex, CT

September 12

Taste of Organic Connecticut

at Topmost Herb Farm in Coventry, CT

October 2

Workshop with Herbalist Margi Flint \$30

at Rockville United Methodist Church, Rockville, CT. 9am -3pm Join AHG accredited, herbalist & teacher from Marblehead, MA.

Details inside & more in the next issue!

The Spirit of CHA!

The 2004 Retreat & Celebration was a lovely success. All who attended had a good time, shared some new experiences, made new friends and ate some truly awesome food! And that's just for starters. What stuck me most at the Retreat was the passion of the group, the enthusiasm and dedication that is ever-evident in this organization. It reminds me of all that we have accomplished by taking risks and latching on to good ideas until they manifest and just plain making-things-happen. To me, that's the spirit of CHA, the core essence and Tan Tien that make it such an exciting organization to be a part of AND to support! Don't believe me? Well then, I challenge you to bring an idea that you wish to act on to any council or committee member. Odds are in your favor that your concept will be blessed and you will be on your way to making things happen and nurturing the very CHA spirit I am talking about! CHA, as an organization, has gained comfort in taking risks and I hope we will continue to do so. Some of those very risks I speak of have resulted in the exciting events you will read about in this issue (and those that follow!). Events that will no-doubt attract attention well outside of our current CHA sphere and help us to expand, blossom and grow!



Scene from the nature walk at the 2004 CHA Retreat at Killiam Point.

I am reminded of words spoken by Calvin Coolidge - not an herbalist, not a woman, but good words nonetheless. . . words that can inspire us all, and make CHA stronger with each passing day!

"Nothing in the world can take the place of persistence.

Talent will not; nothing is more commonplace than unsuccessful men with talent.

Genius will not; unrewarded genius is almost a proverb.

Education alone will not; the world is full of educated derelicts.

Persistence and Dedication alone are omnipotent."

~Rosemari is an Herbalist, Healer & Spiritual Mentor who lives by the principle of persistence and tenacity in her sunny little corner of the world in Winsted, CT (and then some!).

HerbFest 2004 is June 5!

A special day when hundreds of people come to honor the green world and enjoy the tranquility that is Topmost. This event is not only heartwarming to Topmost Herb Farm owner, Carole Miller and her family, but it also pleases her grandfather's spirit. She and her family, past and present bid you welcome, as there could be no better use for the land than to provide an atmosphere conducive to learning. The HerbFest programs will be printed by early March and they serve as our primary advertisement. Many business establishments such as health food stores, libraries, visitor centers, B&Bs, garden centers and even garden clubs are happy to accept them for distribution. Please check with those in your area, and contact Carole for a supply (860.742.2226 or topmost@worldnet.att.net). With such a diverse membership we should be able to cover the state and beyond!

The Workshops

Whatever your interest in herbs, you'll find workshops to excite you at this year's HerbFest.

Learn to enhance your breakfast with herbs - or - which foods to eat to enhance your health. Learn how our bodies protect us from the outside environment and herbal treatments for when things go wrong - or - how to use common herbs in a holistic approach to breast health. After the gardening with herbs class you can learn how to use those flowers you grow to make flower essences. Watch a demonstration of essential oil distillation and learn the principles behind the process. Get specific with a materia medica on lavender - or - learn to blend teas with a variety of herbs. Sample some wonderful hydrosols and learn to distill your own from herbs in your garden. Watch a Tai Chi demonstration and learn more of this ancient art. We have a special treat with Candis Cantin, who comes all the way from California and her School of Integrative Herbology. She will talk about combining local herbs with ancient systems of healing to help harmonize our lives. And last, but not least, the weeds of the field will be well covered with weed walks every hour. Check the flyer for more detail on the classes and the names and bios of all our talented presenters!

The Goodies Booth

The CHA Goodies Booth at HerbFest is always well received by festival attendees, participants and volunteers! This year we hope to lure you back with not only the expected yummys of glorious homemade baked-goods, hot and cold organic tea and coffee, but also with other delicacies such as chili-pepper hot-cocoa mix, instant herbal soup mixes, herbal vinegars and more! Of course, we need your help to pull this off successfully! Do you have a favorite herbal baked good, herbal blend for soups or dressings, vinegar blend or some other culinary herbal delight? Share it with us! We depend on the donations of members and friends to make this food booth a success. So, look around your kitchen for herbal magic you would like to share! Get out your cookbooks and recipe cards and decide on your donation today! We only ask that you prepackage your food-items for individual sales and label them with the ingredients or the recipe. In any event, we would love for you to share your recipe as we are compiling an HerbFest cookbook! If you're not a cook, volunteer your time at the Goodies Booth! If we don't hear from you, don't be surprised if you hear from us! To register your food item for the Goodies Booth or for more information, please contact Sabre Duke at 860.870.1162 or Rosemari Roast at 860.738.1608.

Volunteers

We need your help! Volunteer a couple hours of your time and get free admission in return. Of course, you will get more than that. You will get the satisfaction of helping your organization provide yet another wonderful HerbFest, plus working together is a great way to make new herby friends. It takes many hands to make everything work and this year we will need additional volunteers as we grow and to make the work lighter for all. You needn't be a member to volunteer ~ get your friends to sign up, too! Contact Eva Maynard 860-742-1258 or Michele Maclure 860-456-1223.

The Vendors:

CHA's HerbFest 2004 is proving to be a real showcase for some of the most creative craftspeople in the Northeast. Here is a sampling of vendors who will be with us: ~ Musical vegetables? Yes! Dave Magnusen returns with his Folk Instruments made from gourds and beautifully finished wood. Pied Piper woodworker James Easton, will be whittling rustic wooden sculptures, and we hope Al Czellecz will be back with his Turned Wood bowls.

~ We welcome back several creators of herbal products to delight both body and soul including South River Herbals, Wild Honey Unlimited, and newcomer, Sue's Herbal Heaven

(more on HerbFest Vendors)

~ Creamy and fragrant handmade soaps by Totally Clean, Sleepy Moon, and Barefoot Goddess will be with us again. To make cleaning our homes healthier and more fun, Helyn's Clean Solutions is the answer, and for clearing our spiritual spaces, Gayle's Thyme always has smudges, incense and other space-clearing materials.

~ In the fiber department we find wonderfully warm hand-spun wool and woolen goods from Crestland Llamas

~ Marilyn Hanson is an amazingly gifted fiber artist. She makes baskets out of diverse and unusual materials—A gorgeous basket made from garlic tops has a place of honor in my kitchen— she also has beautiful knitted and felted items. Husband, Wayne, Connecticut's original organic farmer, will also have organic salad greens, eggs, and whatever vegetables he has up this time of year.

~ In the potted plants department, of course we will have Topmost Herb Farm's fabulous culinary and medicinal herbs in the greenhouse. In addition we always enjoy The Herb Gatherer's native medicinal plants and ferns, and heirloom flowers and vegetables from Alices Organic Garden.

~ Silver Birds Jewelry will join us again with their beautiful handcrafted creations made from silver and semi-precious gemstones. Newcomer, Maya Bloom, will be bringing delicate jewelry made from dried herbs, and Sage Wood's wreaths are always fabulous adornments for our homes.

~ For those who love unique clothes, Ruth Shilling, recently back from Egypt, will have exotic dance costumes and Egyptian crafts.

~ Northeastern CT's Radio Naturopath, Fran Storch will have a booth with the Wellspring center—a hotbed of holistic healing, classes, and more right in Willimantic!

~ Other vendors in more unique categories include Cynthia Baker with her recently published healthful cookbook, Hiya Gaia with soy-based candles, Snooty Food with an all organic buttery garlic spread,

~ And when we've shopped 'till we dropped, the Healing Hands of several skilled massage therapists will be on-hand to revitalize us.

Welcome New CHA Members!

Carmen Schaffer

Dianne E. Virga

If you would like to participate in the **CHA Book Review Program**, please contact Terri Cusson at R.Cusson@snet.net or 860.870.1681.



Member Inspirations

"I see a real interesting meshing of the ages and education and philosophies of the CHA members resulting in a very strong, vibrant, sometimes earth changing, organization coming into fruition here—all grounded on mutual respect for our differences. I see real strength here." ~ *Paulla Duhaime*

"I'm really happy with the direction CHA is going - and that I feel involved without the weight of heavy commitment." ~ *Pam Quayle*

Earth Day Dialogue & Plant Swap

Join us on Earth Day, April 22nd at Gayle's Thyme for an Earth Day Dialogue. As members of the CT Herbal Association, what are we doing for the environment? How are our business practices protecting and celebrating our planet? Are we promoting environment-friendly practices in our communities? Come and listen to what others are doing and share your ideas as well.

As part of our effort to honor and celebrate Earth Day, the second annual Plant Swap will also be held that evening. Bring plants, cuttings, seedlings or seeds to share with our members and take some home for your own garden. Gayle will also have plants available for purchase. Join us for an informative and fun evening.

Thursday, April 22 7:00 - 9:00 PM.
Gayle's Thyme is located at 316

Tea Tasting & Art of Tea Lecture

Join CHA on May 15 from 2:30-4:30 p.m. at Passiflora Tea Room & Herbal Apothecary, 526 Main Street (Route 44), New Hartford, CT. Celebrate Spring and your passion for tea at this CHA member gathering where we will taste a variety of teas including black, green, white, and rooibos varieties, along with tasty herbal blends. We will discuss the properties and health benefits of these teas, proper brewing times and techniques,

and the time-honored art of preparing and serving tea. Contact Kim Ruddy at 860.379.9155

for further information.



The Lazy Gardener *contributed by Paulla Duhaime*

Every year in the garden is a new adventure, a creative endeavor, a science experiment.

Most people look around their yard and think landscaping and envision order and symmetry in the form of trees and shrubs, wood chips and stone, decks, patios, gazebos and water features. Not me. I look around and I see dirt just waiting for me to dig in and play. And when there is not enough dirt, I buy more. Last year, I brought in ten yards of screened topsoil to fill in the dip where Terry's above ground pool used to be. I planted a circle garden of veggies, herbs and flowers with a straw lined outside border and walk in circular pathway.

This year, I think I'll remove the outside straw border and bring in another ten yards of soil to increase the planting space. I usually start lots of seeds under my grow light in late winter and early spring and nurture them until planting time, transplanting the seedlings into larger pots and moving them around my house until I am living in a jungle. Then when the weather breaks, I harden them off on my deck and then haul them over to Terry's to plant in the ground. Also, I always have to go to the farmers market to purchase additional flats of annuals to plant in the front of my perennial borders on the north, west and south sides of Terry's house.

Over the six or seven years I've been playing in the dirt at Terry's house, I've made the gardens bigger every year, so now I spend the equivalent of two full weekends on my hands and knees putting in 200 to 300 annual plants. This year I am going to do less work and still have all the gardens I want. I am going to direct sow 85% of my beds. Direct sowing is so much less work. All you have to do is make an indentation in the soil with the handle of your hoe, drop in your seeds generously, pull some soil over them, pat down and water and step back and watch them grow.

When they pop up through the ground, I sprinkle some manure, or manure tea, or comfrey tea or fish emulsion around them and sometimes I also like to mulch with cocoa bean hulls, which keep the weeds down, the moisture in and feeds the soil. That equals less work. If necessary, I thin out the plants later. But generally I plant close, fertilize well and let them all grow. What the heck, they crowd out the weeds.

You may have to wait a little later in the season to plant some of your seeds but most of the time, seeds direct sown catch up and even pass seeds

you have started in the house and transplanted. Start them right out in the environment they are going to stay in and if they germinate and survive they will be strong little devils.

Not sure what to try? Go to www.parkseed.com/, click on annuals, direct sow and see what you get—153 varieties of veggies, flowers and herbs. Peas, beans, carrots, green onions, summer squash, cucumbers, lettuce, melons, basil, dill, fennel, savory, cosmos, zinnias, marigolds, catchfly, morning glory, asters, celosia, sunflowers, larkspur, nasturtium, poppies, and the list goes on and on.

So, be lazy this year. Conserve your energy. Direct sow as much as possible and let nature do the work. All you need is a clump of dirt in a sunshiny spot and a little water.

Paulla Duhaime is an herbalist and gardener, CHA Treasurer and Supporting Council Member who likes to think of herself as an octopus reaching out with all her tentacles pulling everyone in closer to the center of her universe.



See you at upcoming CHA events! Don't know what they are? Look at the front page!

Holistic Health Fairs!

[Creating Health Partnerships in 2004 and Beyond](#)
Saturday, February 28, 2004, 10:00am to 4:00pm in the Alumni Hall in the Student Center at Quinnipiac University, Hamden, CT

[Greater Vernon Integrative Health Fair ~ Local Holistic Resources for Mind & Body](#)

Saturday, March 27, 2004, 10:00am to 4:00pm at the Vernon Middle School at 777 Hartford Tpke. (Rt. 30) in Vernon, CT. For more info call 860.870.4263 or 860.875.4101

[Alternative Connections Expo](#)

Sunday, March 28, 9:00am - 5:00pm at Radisson Hotel & Conference Center, Cromwell, Exit 21 off I-91. 50 exhibitors, 28 workshops, readings. For more info call 413-258-0228, bhardiema@aol.com

Introduction to Ancient Holistic Medicine

contributed by Candis Cantin

Ayurveda and other ancient healing methods such as Chinese and Unani Tib medicine (ancient Greek medicine still practiced in the Middle East) contain within their philosophic framework a vision of the interconnected relationship of all the phenomena of life. These systems of healing and living embrace the idea that life is a process of inter-weaving actions and reactions; that all things influence one another.

These ancient systems recognize that a human being is neither outside nor above the rules of Nature. Nature is within each person, within each molecule, within all that is visible and invisible. We do not have to "go out" to be in nature, because nature is within us and her wisdom is there if we just search for it.

As much as humans would like to think that we have evolved above Nature and through our technology actually control her, just one look at ourselves tells us otherwise. The rawness of nature is around us and in us all the time and her wisdom is continually calling our attention to her. Each day we need to eat, and find sustenance for ourselves on all levels of our life. During our adult years we procreate and birth our children. And at other times we face the mystery and awe inspiring feeling that death brings.

Life is continually eating itself and birthing out new life from its death. No matter how much we cloak these primal and inexorable qualities of Existence with technology, it is still there. No matter how much insurance we have or high tech machinery and medicine we create, the process and wisdom of life sweeps us into her arms. We cannot escape the embrace of Nature, our Mother, her love, wisdom and even her harsh lessons are forever there. The ancient healing philosophies knew this and they are needed at this time to help us to become whole human beings again, reconnected with our world and living.

If we honestly look at the modern medical system, a fragmented vision of life is being presented to us. Modern research is now relying on what might be called "molecular medicine," looking at smaller and smaller aspects of our body to find the culprit that is causing the mental or physical disease. High tech is employed to probe and dissect the problem but the person is no longer seen as a part of the whole universe nor seen as a unifying presence of body mind soul and we are many times labeled as the "pancreas, heart or kidney patient, rather than being seen as a whole person. While many of the modern healing

techniques, surgeries, and medications are very effective as far as alleviating certain discomforts and diseases, the modern medical system does not teach the patient about how to live and how to maintain well being. Also, many acute ailments such as colds and flu can be treated at home with simple things such as garlic, ginger, lemons and onions. Yet, most people in the Western world have no idea of how to take care of themselves or their families when these conditions appear. High tech medicine has wonderful, healing aspects that cannot be disparaged but it needs to be practiced with heart. And the common folk need to be taught how to maintain health with food herbs and lifestyles that promote well being which in the long run mitigate the need for more invasive high tech medicine.

Through the use of our local herbs and combining that with the ancient systems of healing, as found in Ayurveda, we can begin to harmonize the outer aspects of our lives with our inner being. This entails learning how to take care of our body, the plants, the soil, the environment, our families, our mind, and emotions with wisdom. Thus, from this union we can perceive our vision of the Divine and healing power of Nature. *Candis Cantin Packard, joins us at HerbFest 2004 to share more that 30 years of practical experience as a counselor and teacher of wholistic lifestyle principles. Her background includes extensive Western herbal studies, Ayurvedic and Chinese healing systems, psycho/spiritual counseling, and communications skills. She was awarded an honorary degree as a Doctor of Naturopathy in 1993 by the Native American Studies Institute. She is a founding member of the*

American Herbalist Guild.

If you like this article, then be sure to join us at HerbFest to hear Candis and all of the other talented and skilled herbalists of CHA! Candis will also be offering a weekend intensive in CT (6/25-6/27) and an Herbal Tarot workshop (6/26). See details in this issue or call 860.276.3833 to register.



Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom. *Marcel Proust*

The flowers of late winter and early spring occupy places in our hearts well out of proportion to their size. *Gertrude S. Wister*

*The Connecticut Herb Association presents **Herbal Approaches to Infections: Prevention, Intervention & Integrative Treatment with Margi Flint, AHG. Saturday, October 2, 2004, 9:00am - 3:00pm, at Rockville United Methodist Church, Rockville, CT***

Join AHG accredited herbalist and teacher, Margi Flint, in an exciting lecture and workshop covering herbal relationships to bacterial and viral infections & organ systems that can be infected, as well as infection correlations to the endocrine system.

Margi Flint is a professional member of the American Herbalists Guild. She began her herbal studies in 1974. An Adjunct Professor at Tufts University School of Medicine since 1994, she is also affiliated with Union Hospital in Lynn, MA. She lectures at herbal symposiums as well as medical institutions. She occasionally teaches at North Shore Community College and Mass College of Pharmacy. Her classes range from beginner apprentice programs to advanced herb and practitioner classes.

For a registration form, please contact Paula at 860.665.0285, LadyBugPia@aol.com or Rosemari at 860.738.1608, walkinthewoods@5pillars.com



Herb Harvesting at Hunts Brook Farm

Teresa and Rob Schacht are opening their fields and woodlands to members of CHA for harvesting organic herbs on the following dates:
Sunday, June 6 ~ 9:00am - noon

Saturday, June 26 ~ 9:00am - noon (celebrating St. John Worts Day)

Sunday, July 25 ~ 9:00am - noon

Saturday, August 21 ~ 9:00am - noon

Saturday, September 25 ~ 9:00 - noon (please stay and join in for a pot luck lunch, spend time exchanging information and trading medicinals.)

Hunts Brook Farm is an organic farm. We grow vegetables, flowers and herbs. Come and join in all or part of harvest, share formulas, uses, stories and laughter. Hear the earth sing when energy is dancing about with harvesting and love. We will have some cultivated herbs (oats, comfrey, calendula, and a few more) also wildcrafted (nettles, plantain, yarrow, St. John's wort, mullein, goldenrod, joe pye weed, red clover, etc) Join us at 9:00am for Thankful Circle followed by a weed walk at 9:15am. Donations of \$20 per harvest day are greatly appreciated and a percentage of donations collected will be going into Plant Savers and bring endangered herbs back to the land. For more information, contact Teresa at Hunts Brook Farm at 108 Hunts Brook Road in Quaker Hill, CT 06375 (south eastern CT), 860-443-1770 or huntsbrookfarm@sbcglobal.net

Teresa Schacht is a massage therapist, practicing since 1989. She has participated in the 6 month herbalist program with Susan Clement (herb wyfe), a passionate spryte who loves the earth and its treasures in Wickford, RI.

HOLISTIC PRACTITIONERS

GROUPS ~ These groups are an opportunity for area practitioners to come together informally to network, share experiences and create community. Most groups send e-mail notices of events, so send your e-mail address to the contact person to be put on the list. Groups are easy to setup and require minimum effort to coordinate. If you would like to start a group in your town contact Jon Roe, (860) 875-4101, anopendoor@aol.com, for suggestions.

MANCHESTER - Meets evenings, the 1st Thursday of each month, at the Center For Progressive Therapies, 192 Hartford Rd. 6 - 8 p.m. For info call JIM COWLES at (860) 649-9600, info@c4pt.org.

NEW LONDON - Meets for breakfast the 2nd Tuesday of each month, at Greene's Books & Beans, 140 Bank St., from 8 to 10 a.m. For info call KATHIE VALENTINE at (860) 434-2997.

NORWALK - Total Life Care Center's Healthcare Professionals' Networking Breakfast meets the 1st Tuesday of each month, 8:30 to 10 a.m., 152 East Ave., Norwalk, just off I 95, Exit 16. To RSVP: (203) 853-4852, TLCCenter@aol.com.

VERNON - The 1st Friday of each month at Charlie's, 520 Hartford Tpke, 9 to 10:30 a.m. For info call JON ROE at (860) 875-4101 or anopendoor@aol.com.

WETHERSFIELD - The 3rd Friday of each month, for breakfast, 8:30 to 10:30 a.m. at Max Bibo's, 691 Silas Deane Highway. Contact MARIE MAMMONE, ND at (860) 529-1200, MarieMND@cs.com.

WILLIMANTIC - Breakfast, the last Friday of each month, at Oobahs Deli (861 Main St. Willimantic), 8 -10 a.m. For info call Therese John (860) 429 4220 or The Wellspring Center (860) 423-6235, info@thewellspringcenter.net.

WINDSOR - The 4th Friday of each month, for breakfast from 8:30 to 10:30 a.m. at Centre Coffee Bar, 20 Union St. For info or directions call SHARON REILLY at (860) 688-4703, sharon.reilly@comcast.net.

Integration of Eastern & Western Herbal Traditions

Weekend Intensive taught by Candis Cantin, Friday, June 25th 6:00-9:00pm, Saturday, June 26th 9:00-4:30pm, & Sunday, June 27th 9:00-3:30pm. At Sattva Vital Health, 87 Maplewood Road, Southington, CT. Intensive Fee: \$250.00. Covers materials & midday meals on Saturday & Sunday. Class size limited to 30 persons.

There are many complementary aspects to the integration of Ayurvedic, Chinese and Western herbal traditions. This weekend intensive offers practical, useful tools and theories for both the student and the practitioner of herbology.

Explore herbs from the perspective of taste and thermal nature and their effects on the body. Learn how to look at the pattern a client presents rather than just looking at the symptoms of an imbalance as singular entities. Tongue diagnosis, client intake protocol and herbal formulation based on Oriental principles will be covered. This class will be very hands-on and knowledge gained can be immediately applied to life situations. Many of the herbs covered will be familiar Western herbs, as well as some herbs from China and India. We will also cover rejuvenation and support of the vital force within.

For more information or to register, contact Cynthia V. Baker at 860.276.3833. Presented by: Sattva Vital Health & The Connecticut Herb Association

The Herbal Tarot: Saturday, June 26, 7:00 - 9:00pm, \$15.00

A special workshop based on the Tarot deck created by Michael Tierra and Candis Cantin.

This workshop is presented by co-creator, Candis Cantin, and should be an enjoyable learning experience! Bring your Tarot deck or if you don't have one, the Herbal Tarot and accompanying books will be available for sale, but you are not required to have one to join in! Workshop takes place at Sattva Vital Health, 87 Maplewood Road, Southington, CT. For more information or to register, contact Cynthia V. Baker at 860.276.3833. Presented by: Sattva Vital Health & The Connecticut Herb Association

CHA Member Events, Classes & Workshops

April

2nd Fools & Faeries Ritual Workshop 6:30 PM in Winsted, CT. Contact: Rosemari Roast, 860.738.1608, walkinthewoods@5pillars.com

17th Topmost Greenhouse Opens 9:00 AM in Coventry, CT contact: Carole Miller, 860.742.8239, topmost@worldnet.att.net

23rd Earth Honor & Weed Walk 6:30 PM at Platt Hill State Park, Winchester, CT. Contact: Rosemari Roast, 860.738.1608, walkinthewoods@5pillars.com

24th Afternoon Tea Tasting 2:00 - 4:00 PM in Winsted, CT contact: Rosemari Roast, 860.738.1608, walkinthewoods@5pillars.com

May

1st/2nd Beltaine Weed Walk Time TBD at Beltaine 2004, Oxford, CT contact: Rosemari Roast, 860.738.1608, walkinthewoods@5pillars.com

8th Spring Tonic Weed Walk 8:00 AM at Platt Hill State Park, Winchester, CT contact: Rosemari Roast, 860.738.1608, walkinthewoods@5pillars.com

8th Spring Festival & Plant Sale 10:00am-5:00pm at Gayle's Thyme in Enfield, CT contact Gayle Nogas, 860.763.5206, sagewand1@aol.com

15th Afternoon Tea Tasting 4:00-6:00 in Winsted, CT contact: Rosemari Roast, 860.738.1608, walkinthewoods@5pillars.com

22nd Tea & Tarot

By Appointment, In Winsted, CT contact: Rosemari Roast, 860.738.1608, walkinthewoods@5pillars.com

June

2nd HerbFest 2004!!! 9:00-4:00pm in Coventry, CT contact: Carole Miller, 860.742.8239, topmost@worldnet.att.net

5th Herb Harvesting 9:00am-12:00noon at Hunts Brook Farm in Quaker Hill, CT contact Teresa Schacht, 860.443.1770, huntsbrookfarm@sbcglobal.net

26th Herb Harvesting 9:00am-12:00noon at Huntsbrook Farm in Quaker Hill, CT contact Teresa Schacht, 860.443.1770, huntsbrookfarm@sbcglobal.net

Recycle this issue by sharing it with a friend or associate!

CHA COUNCIL

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Join us online at

<http://groups.yahoo.com/group/CHA/>

CHA's online home for sharing herbal
news and information with our
members, friends & community!

CHA COMMITTEES

HerbFest

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Rosemari Roast, 860.738.1608, walkinthewoods@5pillars.com

Programing

Debra Hultgren, 860.487.6604, dhultgren@mindspring.com

Promotion

Open

Please contact any of the above CHA members with your questions, concerns, ideas and inspirations!



Connecticut Herb Association
PO Box 310491
Newington, CT 06131

Please submit your contribution for our next issue of ***The Connecticut Thymes*** (July, August & September) to Rosemari Roast no later than ***May 15, 2004.***