



# The Connecticut Thymes

Rejoice & Bloom

Summer to Autumn 2004

## Upcoming Events:

**July 10**

### **Sagewood Tea & Tour (details inside)**

2-4 pm tour of Kate Rakosky's Gardens in W. Kingston, RI

**August 21**

### **The Herb Gatherer's Garden Tour**

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

**September 12**

### **Taste! Organic Connecticut (article inside)**

10-4 pm Topmost Herb Farm in Coventry, CT

**Sept 25**

### **3rd Annual Women's Health Fair- Celebrating Mind, Body & Spirit!**

10-5 pm at the Litchfield Community Ctr in Litchfield, CT

**October 2**

### **Herbal Approaches to Infections: Prevention, Intervention, & Integrative Treatment with Margi Flint, AHG**

9 am-3 pm, Rockville United Methodist Church, Rockville, CT.

## November-to be announced

**December 2004-January 2005**

No CHA event but we will begin our 10 year celebrating in the dark of the year at our CHA eGroup: <http://groups.yahoo.com/group/CHA/>

**March 19-21, 2005**

### **2nd Annual Member Retreat & Celebration**

Killam's Point, Branford, CT. For more info, contact any Retreat Committee member-see back page!

## HerbFest 2004 Gratitude

As I write this HerbFest 2004 has yet to happen so expect to see more about it in the next newsletter. I want to thank everyone who has worked so hard during the year to pull this exciting event together. Your HerbFest committee consists of Carole Miller, Deb Pouech, Debra Hultgren, Eva Maynard, Lori Macri, Mary Lou Amenta, Michele Maclure, Pam Brundage, Pat Lavery, Paulla Duhaime, Rosemari Roast, Sabre Duke, and Pam Quayle. We have a lot of fun meeting throughout the year and would like to invite any interested members to join next year's committee.

There are so many other people who make HerbFest a success. Some special "Thanks" go to:

All the presenters, product and food vendors that make the day so special. Barb Lessard for entertaining the kids. Steven Nogas for again donating his tents. Carole Miller for allowing us to use Topmost Farm which is such a lovely place to celebrate herbs and the earth. Carole's family for coming so far and working so hard. And all our members that donate goodies to our food booth. Without these goodies we couldn't put together such an inexpensive day of fun and education.



*Carole Miller in her greenhouse*

Next year is CHA's 10th anniversary so if you have any ideas how we can make HerbFest even more special to commemorate our anniversary please pass them on to one of the committee. And, as always, we ask for any comments or criticisms that you have to make this an even greater event.

*Contributed by Pam Quayle, HerbFest Committee*



*Pam Quayle at HerbFest 2004*

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## What Does Council Do?

The last few months we have been soliciting our members for interest in a two-year term on the CHA Council. We have three openings emerging and we need the nominee names & bios by August. As we talked to members we were surprised to learn that they responded with two popular phrases: *What does Council do? I don't know that I have anything to offer.*

What Does Council Do? The Council tends the CHA garden: planting, tilling, watering, cultivating, fertilizing, transplanting and nurturing the organization we call CHA. A garden does not produce a bountiful harvest without proper attention and neither does an organization.

How Do Council Members Do This? Council Members do this by offering their time, talents, skills & abilities to help build and maintain CHA. Exactly what that entails changes from time to time as the organization evolves. Presently Council's priority is PROMOTIONAL in nature. We seek visibility. We want to reach all the herbalists in the state who might want to join us in our quest to strengthen herbalism as a viable option and a complement to mainstream approaches to personal and global health and wellness.

How Does Council Do This? Council does this by following up and creating action on ideas presented by our membership and ourselves. Last year, Pam Quayle proposed that we do a Member's Retreat Weekend and Council agreed, planned, promoted and coordinated the wonderful Retreat we enjoyed at Killams Point in Branford, CT. Last year, Council also decided that in order to be more visible throughout the state that we would exhibit CHA programs and members at health fairs around the state. This has been very successful for CHA and for the member's businesses.

## What Are Our Future Plans?

Immediately, we would like to build up pockets of members grouped together throughout the state by offering programs in their surrounding area and creating more visibility that would link us altogether in our pursuit of earth-centered living. Beyond that, future plans are dependent upon who is on the Council and how well they work together, what they focus on and what talents they bring to the table.

How Do I Participate and What Is Required? Contact Cindy Baker, Rosemari Roast, Eva Maynard, Kim Ruddy, Deb Hultgren or Paulla Duhaime and express your desire to serve on Council. Attend a quarterly meeting in anticipation of becoming part of the team. Accept or request a nomination for election to Council.

We meet four times a year for group planning and decision making and we communicate weekly and sometimes daily via email to stay on track, brainstorm and monitor our time line of tasks, as we constantly delegate to each other and search for additional help to get the job done.

We Need An Army of "Doers." As we grow, we need help with many tasks such as Newsletter proofing, Retreat planning, Health Fair Coordinating, Special Program and Events Planning and Hosting, Satellite group building and more.

Help us keep the forward momentum. Step up to the plate and consider a position on the Council. You'll be glad you did!

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## Sagewood Tea and Tour

Saturday, July 10<sup>th</sup>, CHA members are invited to attend an open house, including a tea and tour, of the organic herb gardens and wild places at Sagewood, in the village of Usquepaugh in West Kingston, RI, from 2:00 p.m. until 4:00 p.m.

There are over 200 varieties of medicinal plants growing on this property that is located in a small, pre-revolution era mill village located near the University of Rhode Island. Situated on the Queen's River, Kenyon's Historic Grist Mill was once the center of village life in Usquepaugh, and continues to grind corn today with the same grinding wheels, and sells its wonderful corn meal in a little gift shop across the street from the mill. Village life hasn't changed very much in 300 years! Besides the grist mill, there is the Kenyon homestead farm with cows and a couple of horses, and the village, which is an historic district, retains several good examples of 18<sup>th</sup> century architecture, including the house at Sagewood, and of course a village herbalist, too!

Kate and Dan Rakosky invite their fellow CHA members to walk the grounds and explore the medicinal plants growing in a variety of habitats. Stroll the woodland path or explore the stream and pond where the wild and native medicinal plants grow. Wander through display gardens and stone walls, where the cultivated plants are growing, at your own pace, or on a guided tour. Dan and Kate will answer any questions they can and hope that everyone will feel free to share their knowledge of the green world, too. Cultivation practices, harvesting, drying and usage of medicinal plants will be discussed.

Herbal teas and sweet and savory tidbits will be offered. Sit at one of the shaded tables or comfortable chairs nestled among the gardens, or find your own quiet nook to enjoy your herbal treats (and look for evidence of the fairies!)

For those who are looking for a plant or two to take home, there will be some potted plants for sale as well as fresh and dried herbs (and probably a few wreaths, too!)

Kate and Dan look forward to seeing you on July 10<sup>th</sup>, and will delight in sharing their home and gardens with you. Please contact them at (401) 789-0902 with any questions.

Directions: From Connecticut and points west, take I-95 North to RI exit 3A (University of RI and Newport). You can only turn one direction (east) from this exit onto route 138 east. Sagewood is almost exactly 5 miles east of I-95. Continue on 138 east for almost five miles, slow down as you near the bottom of a small hill. There will be a brown sign on the right side of the road that says "Kenyon's Historic Grist Mill". Fifty yards (or less) past that sign, turn left at the next road, marked "Old Usquepaugh Road". (Just past the "Town of Richmond" sign). From 138 as you turn onto Old Usquepaugh Road, you will see Sagewood on your left. The house is a center chimney cape with red trim and picket fences. The number 77 is on the front fence. Turn into the driveway just beyond the house. You are here!

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### **Herbal Approaches to Infections: Prevention, Intervention & Integrative Treatment**

with Margi Flint, AHG - 9:00 am - 3:00 pm at Rockville United Methodist Church, Rockville, CT

*contributed by Debra Hultgren*

The Connecticut Herb Association is proud to present a daylong workshop with herbalist Margi Flint. Margi will address the use of herbs and traditional healing in managing viral and bacterial infections. Prevention, intervention and integrative approaches to treatment of infections of the upper and lower respiratory systems, the gastrointestinal system and the reproductive system will be discussed. The program will touch on the problems associated with overuse of antibiotics and the appearance of new infections in our world today. The session will include an engaging

dialogue about the lost art of healing before the advent of modern medicine and how these traditional techniques integrate with today's allopathic treatments.

Margi Flint owns and operates EarthSong Herbals, a busy family practice and herb school in Marblehead, Massachusetts. Flint has been a Professional Member of The American Herbalists Guild since 1995 with over 20 years of labor coaching, polarity therapy, herbal practice and showing her etchings nationally and internationally. Margi graduated from Cazenovia College, *cum laude*, and then took courses at the University of Hartford, Suffolk and Boston Universities, The School at the Museum of Fine Arts Boston. She eventually earned a Bachelor of Arts, *cum laude*, with a teaching certificate, major in education and fine arts from Framingham State College. Her primary teachers, chronologically, have been Rosemary Gladstar, David Winston, Matthew Wood, Anne McIntyre, and William LeSassier. Margi has taught at Tufts Medical School, Union Hospital, Massachusetts College of Pharmacy and North Shore Community College. Additionally, Margi is the author of *The Practicing Herbalist*, a wonderful guide for herbalists going into their own practices. Margi is a warm and nurturing practitioner and a lively, enthusiastic presenter. Her training sessions always are fun and enlightening.

Come join Margi Flint for this wonderful day of training on Saturday, October 2, 2004 from 9:00 am to 3:00 pm at the Rockville United Methodist Church in Rockville, CT. The cost of the program is \$30. For more information contact Debra Hultgren at 860-487-6604. For registration forms contact CHA, P.O. Box 310491, Newington, CT 06131.



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### **Member Inspirations**

Each CHA member is a spoke on a wheel, each spoke represented by our individual personalities, herbal focus and talents ... all contributing to the momentum that pushes the CHA wagon along the road to personal and global health and wellness.

*~ Paulla Duhaime*

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### **Aromatherapy**

*contributed by Kerry MacKerell Hunt*

Aromatherapy is not just about using things that smell nice! Aromatherapy is the use of essential oils for emotional or physical benefit. Essential oils are highly concentrated, distilled from herbs and resinous woods. With some herbs and flowers, it can take hundreds of pounds of plant material to distill just one ounce of essential oil.

All essential oils are highly antiseptic: Lavender essential oil can be used directly on cuts or burns (a drop or two only); Tea Tree oil has become well known as an antiseptic and antifungal for uses as varied as mouthwash or foot balm. The essential oils generally work in the same way that the original plant works (e.g., Lavender is calming, Peppermint is stimulating).

The scent of the oil provides part of the effect received from aromatherapy, as it influences mood and memory in the limbic system. Essential oils can also have an indirect effect on hormone production. When applied to the skin and absorbed into the blood stream, the effect is far more direct. Oils vary in how quickly they are absorbed into the system as well as how long they remain.

So how are essential oils used? With very few exceptions, essential oils are only to be used externally. They should generally be avoided during pregnancy, and should be used very carefully with children. Essential oils

*(Aromatherapy continued from pg 3)*

should not be applied directly to the skin. Always dilute these concentrated oils in a carrier oil such as olive or almond oil. My preferred ways to use them are diluted in carrier oil for massage or pulse point application, added to a bath, or inhaled with steam. You can also add essential oils to lotions, potpourri, dream pillows, sachets, cosmetics, and perfumes. Here are a few specific ideas on how to use essential oils:

To lift your spirits, use 20 drops of geranium and/or lavender essential oil in an ounce of massage oil. The massage helps too! Add 5 to 7 drops of eucalyptus oil to a bowl of steaming water and inhale the steam to help clear sinus passages. A towel over your head will help; never leave children unattended near a bowl of hot water. For a colicky baby, try mild lavender oil (no more than 5 drops per ounce of carrier oil). Rub across abdomen and on feet for quick absorption into blood stream. To increase concentration and alertness, combine peppermint and rosemary in carrier oil and rub on pulse points. To calm frayed nerves, sink into a bath with 6 drops of ylang ylang and 2 of sandalwood.

Synthetic fragrances are used in many commercial products. They may smell nice, but they offer no true therapeutic benefits of the herbs. Look for products that contain only pure essential oils.

*Kerry MacKerell Hunt is an herbalist trained in Western medicinal herbology. Visit Kerry online at [www.apothekerryherbs.com](http://www.apothekerryherbs.com).*

**If you would like to learn more about the production of botanical essential oils, be sure to check out the 'Aromaserve 2004 Distillation Series' listed in the CHA Member Events, Classes & Workshops section of the newsletter.**

## **The Herb Gatherer's Garden Tour**

August 21st from 2-4 pm in Haddam, CT

A little wild and untidy, this is a garden of a person who just can't resist bringing home yet another plant to get to know - not only a work in progress, but a tool for learning the ways of nature. This is the August garden of CHA member, Pam Quayle. Join Pam and fellow herb-lovers as we stroll the grounds and gardens, enjoying the many herbs that grow in the lawn, in the woodland gardens, among the perennials and grasses as well as in their own special places. You will enjoy beds of ferns, perennials and tall-growing grasses. Troughs of sedum and hens and chicks are scattered about to offer their special gifts of humble beauty and wisdom. You will have the opportunity to acquaint yourself with common plants that are native and abundant as well as those less common.

Directions: 15 Church Hill Road, Haddam

~ From the North: Rt. 9 forks to the left off I-91 in Rocky Hill. Take Rt. 9 south to Exit 10 (Aircraft Rd). At the light at the end of the exit turn right onto Rt. 154. Go 6 miles and turn right onto Schoolhouse Ln. Go up a very steep and curvy hill - the road changes names to Church Hill Rd in the middle of the hill. As the road makes it's last sharp left turn it follows a stonewall on the right - behind that wall is a little blue house and that's it.

~ From the East Haddam Bridge: (The Bridge crosses the CT River on Rt. 82). Turn right at the first light west of the bridge onto Rt. 154. Go about 3 miles, turn left onto Schoolhouse Ln. Follow the above directions up Schoolhouse.

~ From the South: Take Rt. 9 north to Exit 8 (Beaver Meadow Rd). Follow Beaver Meadow to a stop sign. Make a left turn, cross a small bridge, pass one road to the left, then one little white house - turn left onto

Church Hill Rd (no sign). There is a white house with a large pond on the right side of the road. Follow Church Hill about 1/2 mile, pass an area with houses only on the left, through trees with no houses, pass a house on the right and the house is on the left.

*Since you are in the mood to visit gardens you might enjoy the historical herb garden at the Thankful Arnold House in Haddam. About 1/4 mile upriver on RT 154 from Schoolhouse Lane is a sign for Thankful Arnold's House. It is owned by the Haddam Historical Society and behind the house is a garden representing many of the herbs that were in use during 1830 when Thankful lived in the house with her twelve children.*

*contributed by Pam Quayle*

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## **Who Would Have Guessed It? That Nasty Weed is an Herb!**

*A Testimonial to Couch Grass by Debra Hultgren*

Couch Grass or *Agropyrum repens* is also known to farmers and gardeners as dog grass, quick grass, durfa grass, twitch grass, quack grass, witch grass, and bad, bad, bad grass. A member of the Gramineae family, now renamed the Poaceae family, *Agropyrum repens* is a grass and part of a diverse family of over 10,000 species of plants ranging from small herbs to shrubs and trees. However, this is not just any grass, but the grass with the white rhizomes that have entangled the roots of many favorite plants in just about everyone's garden. You can't simply pull this tenacious weed up for it holds on with a vast system of roots that seem to run the length of the garden. The fleshy white rhizomes wind their way through anything in their path forming new blades of grass from anywhere in the system. Gardening books cautions about screening out every little broken off piece of the white root in newly cultivated gardens for even the tiniest piece can start a whole new

weed war. In fact, a single plant can spread up to 3 meters in one year and develop up to 200 new roots along the way. Everyone know what I am talking about now?

Who would have guessed that this insidious invader is in fact an herb with significant medicinal value and traditional use both in Europe and among the Native Americans of North America. While the Weeds of the Northern U.S. and Canada refers to Couch Grass as a contaminant “that adversely affects the yield of all cultivated crops” (pg.171), Nicholas Culpepper wrote that an acre of Couch grass is worth 10 acres of carrots (Hutchens, 1973). As a medicinal, it had been used to treat bladder irritations from any cause. It has a history of use for gout, enlarged prostate (when chronic gonorrhea), purulent cystitis, incipient nephritis and dissolving small calculi. It has also been used for rheumatic and jaundice conditions (Hutchens, 1973). Michael Tierra uses it to treat urinary infections including cystitis, nephritis and urethritis as well as calculi, gallstones and jaundice, gout and rheumatic conditions (Tierra, 1999).

Maude Grieve devotes many pages in her volume to grasses and speaks extensively of the virtues of Couch grass also known as Dog’s grass, from its efficacy in relieving dogs when ill. I have seen my cats chewing on this as well. Grieve quotes Culpepper “If you know it not by this description, watch the dogs when they are sick and they will quickly lead you to it” (Grieve, 1971, pg.370). In fact other animals eat this grass as well for food and for health including cattle, goats and sheep. While the animals appear to benefit from the leaves of this part, medicinal use for humans is with the root or rhizome.

The constituents of Couch grass include: Vitamin C, Carotene, Polysaccharides, Inulin, Glucose and other nutritional elements (Hutchens,

1973); mucilaginous substance, triticine (a fructosan), an antibiotic substance derived from agropyrene, valinnoside (glucovanilline), mineral salts (Tierra, 1999).

Hutchens, in the Indian Herbology of North America indicates that

Couch grass should be gathered in the Spring, and the rhizomes carefully washed and dried. Grieve recommends that an infusion be made of the fresh root “drunk by the wine glass” or as a decoction reduced down to make a liquid extract (1/2 to 1 teaspoon). Tierra indicates that a dosage would be three times daily of a standard infusion. To date, I have not used Couch grass but will try it in future in the event of a urinary infection. I will report later if I have the misfortune of having to deal with this condition. In the mean time, I would love to hear from any readers who have more information or who have used Couch grass in their lives for other than an object of expletives after a day of weeding.

#### References:

- Weeds of the Northern U.S. and Canada by Royer and Dickenson, The University of Alberta Press, Lone Pine Publishing, 1999.  
East West Herb Course by Michael Tierra, 1999.  
A Modern Herbal by Mrs. M. Grieve, Dover, 1971.  
Indian Herbology of North America by Alma Hutchens, Shambbhala, Random House, 1973 (1991 reprint).

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Congratulations to our very own Cynthia V. Baker upon receiving her American Herbalists Guild accreditation. Eight years of hard work paid off. Cindy is one of five AHG members in the State of Connecticut. RAH!! RAH!! Anyone wishing to congratulate Cindy personally can reach her at [cynthia@sattvahealth.com](mailto:cynthia@sattvahealth.com).

**WE LOVE YOU CINDY!**

## Tolland County 4-H Fair

### Crafters Wanted!

August 13 & 14, 2004 (rain or shine)  
Tolland County 4-H Assoc. is located at 24 Hyde Ave., Rt 30, Tolland, CT 06084 (2 minutes from I84, Exit 67).

Booth side is 10x10' (must provide own set-up)

Set up time is 9am

Booth price is \$25 for both days (non-refundable) payable to Tolland County 4-H Fair Assn. Application must be received by July 23rd.

Mail to: Ann Harford, 47 Windermere Ave, Ellington, CT, 06029.

For more information, please contact: Ann Harford, 860-872-0406 or Laurie Lavoie at 870-9419

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**Helyn Bartholomay would like to express her extreme gratitude to all CHA members who offered her support during her recent health challenge. Food, cards, expressions of love, prayers and healing energies were all greatly appreciated. Helyn and her family enjoyed the prepared food from her freezer for such a long time which offered her joy and reminded her of what a special “family” CHA is.**

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## Taste! Organic Connecticut

**Sunday, September 12**

**10 am to 4 pm.**

Just as the hot summer days of August are winding down, and we entertain thoughts of the earthy smells and vibrant colors of autumn, the bounty of the gardens are at their peak, with mouth-watering flavors and deep, rich colors. The perfect time to share the harvest, and showcase the myriad benefits of organic growing!

Always on the first Sunday after Labor Day, Taste! Organic Connecticut is a food festival celebrating local organic produce; an opportunity to

(Taste! is continued from pg 5)

taste how good it is, discover the variety and learn about availability right here in Connecticut. It is sponsored by Northeast Organic Farming Association, Certified Organic Associated Growers, and the Willimantic Food Co-op. The Farmers' Market will feature a dozen farmers offering a variety of goods for sale including goat meat, maple syrup, apples and cider, free-range eggs, garlic, honey, herb plants, and a huge variety of the most beautiful vegetables you've ever seen. Craft and herbal vendors offer environmentally conscious products, handcrafted items and herbal preparations.

Learn about the process of organic growing, home gardening, basic land care and much more at 8 workshops offered during the day. Information tables, staffed by helpful people will answer questions and provide literature, including our own Connecticut Herb Association. Musical entertainment is offered twice during the day, and children's activities are centered near the hammock in the side yard. Wafting above all is the aroma of freshly prepared organic vegetables for lunch—another reason to come early and stay late.

This all takes place at Topmost, a certified organic herb farm, at 244 North School Road, Coventry. For directions go to [www.topmostherbfarm.com](http://www.topmostherbfarm.com). For further inquiries about Taste! go to [www.ctnofa.org](http://www.ctnofa.org), or phone Bill Duesing at 203-888-9280. For vendor inquiries, contact Teresa Schacht at 860-443-1770 or email [huntsbrookfarm@sbcglobal.net](mailto:huntsbrookfarm@sbcglobal.net). To offer some time to help staff the CHA information table, contact any Council member.

*Carole Miller, owner of Topmost Organic Herb Farm in Coventry, grows medicinal and culinary herbs in the greenhouse and field, and offers custom growing.*

*contributed by Carole Miller*

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### Welcome New CHA Members!

Lakshmi Avatapalli  
Sarah Malinoski  
C.J. Wong  
Christine Zaremba

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#### **Book Review** *contributed by C.J. Wong*

Title: [The Newman's Own Organics Guide to a Good Life: Simple Measures That Benefit You and the Place You Live](#)

Authors: Nell Newman with Joseph D'Agnese

ISBN: 0-8129-6733-X

Nell Newman has most certainly lived a different life than most of us with actors Paul Newman and Joanne Woodward as her parents, but her book, *The Newman's Own Organics Guide to a Good Life: Simple Measures That Benefit You and the Place You Live*, is decidedly down to earth and readable. Ms. Newman has a degree in human ecology from the College of the Atlantic and she founded Newman's Own Organics. Her book, written with Joseph D'Agnese, provides a good introduction to living a more environmentally friendly life. It covers the basics of eating, transportation, energy and water issues, investing, cleaning, shopping, gardening and pet care. Each chapter is sprinkled with stories of organic farmers, environmentalists, or eco-friendly companies and how they are making a difference in the world. There are tips to help a person choose the most environmentally friendly way to do something. For example, in the chapter about pet care there is the story of a golden retriever with hip dysplasia who was helped immensely by a change in diet. Included are ways we can improve the diet of our pets by adding organic and fresh foods to our pet's diet such as apples, pears, melon balls, carrots and even a recipe for an organic carrot juice.

Throughout the book the authors emphasize that buying products locally is best because it takes

resources to move items across the country. Also emphasized is thinking more about where things come from and how they were produced. Companies that use organically grown materials and fair labor practices are emphasized. Included are many resources and web sites throughout as well as a bibliography and 25-page resource directory at the end with names, address, e-mails, and web sites of companies and organizations that correspond with the chapters of the book.

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Do you love to read? Then we invite you to participate in the **CHA Book Review Program**, please contact Terri Cusson at [R.Cusson@snet.net](mailto:R.Cusson@snet.net) or 860.870.1681

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**Watch for your "ASK ME ABOUT CHA" button and prepare to wear it with herbal pride as we begin our 10-year anniversary celebrations!**

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#### **Holistic Health Fairs!**

**3rd Annual Women's Health Fair** in Litchfield, CT. September 25, 2004, 10am to 5pm.

The Connecticut Herb Association is pleased to collaborate with Litchfield County's Shared Vision to present the 3rd Annual Women's Health Fair. So, mark your calendars and join us in celebrating the divine feminine on Saturday, September 25th from 10 am to 5 pm. This fair features a diverse palette of health and wellness of, for and by women from all over the state. There will be free lectures, demonstrations and workshops all day long.

You will have the opportunity to drum, dance, sing, learn about women's health issues and simply - take a day for yourself to renew, recharge and rejoice!



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## CHA Member Events, Classes & Workshops

### July

#### 17th ~ New Moon Weed Walk \$5

9:00am at Platt Hill State Park in Winchester, CT

contact Rosemari Roast, 860.738.1608, [walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com)

#### 18th ~ Lavender Aromaserve 2004

**Distillation Series** \$15 (\$39 full 3-series)  
2:00pm in South Glastonbury, CT  
contact Dave Catherman, [drcath@tiac.net](mailto:drcath@tiac.net)

#### 21st ~ Drumming for Wellness Workshop \$20

6:30 to 8:30pm at The Purple Rose in Canton, CT

contact Rosemari Roast, 860.738.1608, [walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com)

#### 23rd ~ Waxing Moon Weed Walk \$5

6:30pm at Platt Hill State Park in Winchester, CT

contact Rosemari Roast, 860.738.1608, [walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com)

#### 24th ~ Green Walk & Earth Spirit Journey Meditation \$20

4:30 to 6:30 pm at Cornubia in Cornwall Hollow, CT

contact Rosemari Roast, 860.738.1608, [walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com)

#### 25th ~ Herb Harvesting \$20 Donation

9:00am-12:00noon at Huntsbrook Farm in Quaker Hill, CT

contact Teresa Schacht, 860.443.1770, [huntsbrookfarm@sbcglobal.net](mailto:huntsbrookfarm@sbcglobal.net)

#### 31st ~ WeedWalk

11am at Cassandra...It's About Thyme. Katherine Mashiak, herbalist, will identify and discuss the folklore and uses of the "worthy weeds" that grow in your backyard. \$8 person. 54 Springfield Rd, Somers, CT. 860-749-0839

### August

#### 7th ~ Bee Keeping

11am at Cassandra...It's About Thyme. Brian McQuillan, beekeeper, will provide an introduction to beekeeping for

beginners. \$8/person. 54 Springfield Rd, Somers, CT. 860-749-0839

#### 8th ~ Chamomile Aromaserve 2004

**Distillation Series** \$15 (\$39 full 3-series)

2:00 pm in South Glastonbury, CT

contact Dave Catherman, [drcath@tiac.net](mailto:drcath@tiac.net)

#### 13th ~ Holistic Weed Walk \$5

6:30pm at Platt Hill State Park in Winchester, CT

contact Rosemari Roast, 860.738.1608, [walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com)

#### 14th ~ Green Walk & Earth Spirit Journey Meditation \$20

10:00am to 12:00 noon at Cornubia in Cornwall Hollow, CT

contact Rosemari Roast, 860.738.1608, [walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com)

#### 20th ~ Holistic Weed Walk \$5

6:30pm at Platt Hill State Park in Winchester, CT

contact Rosemari Roast, 860.738.1608, [walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com)

#### 21st ~ Herb Harvesting & Pot Luck Lunch \$20 Donation

9:00am-12:00noon at Huntsbrook Farm in Quaker Hill, CT

contact Teresa Schacht, 860.443.1770, [huntsbrookfarm@sbcglobal.net](mailto:huntsbrookfarm@sbcglobal.net)

### September

#### 12th ~ Rose Geranium Aromaserve

**2004 Distillation Series** \$15 (\$39 full 3-series)

2:00 pm in South Glastonbury, CT

contact Dave Catherman, [drcath@tiac.net](mailto:drcath@tiac.net)

#### 18th ~ Tea & Tarot \$20

By Appointment at Walk in the Woods in Winsted, CT

contact Rosemari Roast, 860.738.1608, [walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com)

#### 25th ~ Herb Harvesting \$20 Donation

9:00am-12:00noon at Huntsbrook Farm in Quaker Hill, CT

contact Teresa Schacht, 860.443.1770, [huntsbrookfarm@sbcglobal.net](mailto:huntsbrookfarm@sbcglobal.net)

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## Herb Symposium Review

*contributed by Michele Maclure*

I recently attended an Herb Symposium in South Deerfield, Mass. It was sponsored by the Lavender & Herb Growers of the Pioneer Valley. Upon arriving the marketplace was coming alive with vendors putting out their wares. Fresh herb plants, lavender products, honey, candles, pretty painted glass dishes, embroidered products with herb motifs, and the National Honor Society of the local high school selling tea, coffee and scones. The keynote speaker was Elsa Bakalar, an elder of the gardening world. She was delightful. The slide show of her gardens was a treat for the eyes and the imagination. I could have listened to her all day. Her book, *Garden of One's Own*, was for sale in the marketplace and is filled with helpful information, her wit, and beautiful pictures. The workshops offered varied from Raw Foods, Herb Crafts, an intensive on the Nervous System, Aromatherapy and much more. Lunch, prepared by a local culinary school, was a feast for the palate. There were two soups, an orzo pasta salad, fresh homemade breads and desert was either gingerbread with a maple sauce or apple crisp with lavender. I chose the apple crisp with lavender, what a taste sensation! As this was held the last Saturday in March it was great to be surrounded with herb plants and pansies. I enjoyed myself and came away with new knowledge and inspired by Elsa and ready for spring. I look forward to their next event sponsored by the Lavender & Herb Growers of the Pioneer Valley, The Lavender Festival, which will be June 26th and 27th.



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