



The Connecticut Thymes

Spring to Summer 2005

CHA Calendar

APRIL 9

CHA at CHHA Danbury Holistic Health Fair

10 am - 5 pm at Western Connecticut State University in Danbury, CT

Volunteer & Promote your business - call 860.738.1608 for details.

APRIL 21

Earth Day Open House and Plant Swap

6:30 pm at Gayle's Thyme Herbal Apothecary in Enfield, CT. Details in this issue.

MAY 21

Kinne Preserve Potluck Lunch/Nature Walk

10 am - 2 pm at Canterbury Community Center and Kinne Preserve in Canterbury, CT

Don't miss this special day! Details inside.

JUNE 4

HerbFest 2005

9 am - 4 pm Rain or Shine at Topmost Herb Farm, 244 North School Rd in Coventry, CT

Be a Volunteer! See story for details.

JUNE 11

Medicinal Herb Walk

10 am - 12 noon (raindate, 6/12) at Earth, Wind & Fire Farm in Northford, CT. Details enclosed.

JULY 24

CHA Massachusetts Road Trip

to Magic Wings Butterfly Conservancy & Wilder Hill Gardens. Details are brewing - watch for them in our next issue!

SEPTEMBER 11

Taste! Organic Connecticut

10 am - 4 pm at Topmost Herb Farm, 244 North School Rd in Coventry, CT

Be a Volunteer! contact Shandra Craig, 860-429-5390, shandra_craig@hotmail.com

SEPTEMBER 24

4th Annual Women's Festival - Celebrating Body, Mind, Heart & Spirit!

9 am - 5 pm at the Litchfield Community Center, 421 Bantam Rd (Rt 202) in Litchfield, CT

Be a Volunteer! contact Rosemari at 860.738.1608 or walkinthewords@5pillars.com

HerbFest ~ Saturday, June 4, 2005

by Pamela Quayle, *The Herb Gatherer*

Come help celebrate our 10th Anniversary year! You may have already received this year's program brochure in the mail. If so you know what a great line up of presentations, vendors and demonstrations are planned. This is your celebration and there are several ways that you can help to make it the best ever.

Contact Carole Miller at topmost@worldnet.att.net for additional copies of the brochure and distribute them to any businesses and/or friends that you think would be interested.

Contact Sabre Duke JD420@aol.com or Michele Maclure michelemaclure@hotmail.com and volunteer to bake for the goodies booth.

Contact Eva Maynard maynard7@mindspring.com or Ann Harford alharford@aol.com and volunteer a couple hours (or more) of you time as a volunteer the day of HerbFest.

There is nothing like participation through volunteering to get to know new friends and feel a part of this great organization. Hope to see you all there. If you have any questions or suggestions give me a call - Pam Quayle 860-345-2631 or herbgatherer@hotmail.com.



A Message from Council

Thanks to everyone who helped making the transition of outgoing and incoming Council members successful. Weaving such a web of communication and strengths together builds good community. A big thanks to Rose and Paulla for their words of wisdom, which are always appreciated.

Don't forget to RENEW YOUR MEMBERSHIP in June!

Kinne Preserve Update, *By Sue Coombs, Sue's Herbal Heaven*

Happily, the Kinne Preserve endeavor seems to be growing into a wonderful reality. My last article mentioned what has been done so far at this little refuge. The sign to the entrance, which was designed and produced by Holly Coombs, has been presented to the Kinne Preserve Town Committee and will be put up in the spring. It is still too early to tell if the starters planted in the fall took root or not. We all wait anxiously to see the results.

Nevertheless, the plans of the potluck lunch and nature walk are shaping up nicely. Since the last article, CHA has graciously agreed to donate \$100 to the Kinne Preserve project. These funds shall go directly to Pam Quayle (The Herb Gatherer) who has offered to get the plants wholesale so that the funds can go farther. I just want to thank The Herb Gatherer and CHA for this fabulous gift. It is greatly appreciated. I shall see to it that these plants are posted with a sign marking their source. THANKS AGAIN!!!

The Kinne Preserve Committee has also been blessed with a group of nine young teens anxious to do volunteer work at the preserve. This group will be helping with a number of tasks such as clearing the paths in the Spring, remarking boundary lines, and rerouting some paths to a few more interesting items in the refuge, such as a natural sinkhole where some interesting things are noted to grow around, and a small stream in the back of the preserve. It is my hope that the plants which CHA are donating will be available to plant on the May 21, 2005 outing. The kids are really looking forward to helping with the planting, and learning about these native medicinal gems of which they have never been exposed to.

So, for those who missed the details in the last issue, the event is Saturday May 21, 2005 from 10AM to 2PM. The location is starting at the Canterbury Town Hall Community Center (on Rte. 14 in the center of Canterbury behind the post office and the Canterbury Commons mini mall) from 10 AM-noon. This is where a UpS (United Plant Savers) slide show will be presented by Debra Hultgren and we all shall enjoy a light potluck lunch. We shall then proceed 1 mile away to Kinne Preserve where we shall take part in a nature walk and take part in or witness (your choice as to whether you like getting your fingers into the soil or not) the planting of some native medicinal herbs to the refuge. Guided walks will be available or folks are welcome to search out the natural plant and animal life on their own. I know that there are some very good plant identification folks in CHA, and I welcome your knowledge in identifying some things on the refuge. Cost to the event is either a potluck lunch item or a native medicinal plant for the preserve. Of course, we will not turn away anyone who brings neither. The more the merrier. I also released an article of the outing to the local Town newsletter (due to being a joint venture with the Kinne Preserve Town Committee and CHA), and my hopes is that a few folks come to learn about the precious role that herbs and all plant and animal life play in our existence on this planet, not to mention our well-being. For more information or to reply with which potluck lunch item or plant you shall be bringing can contact Sue Coombs at (860) 546-2076, or you can email me @ herbalheaven@msn.com. Or, if anyone has any ideas of anything else that might be a nice addition to the event or day is welcome to offer suggestions and ideas. I really hope that you all can find the time in a beautiful midday Spring Saturday to come share in this experience. It is an opportunity to learn of a fairly un-traveled part of Connecticut, which truly has some beautiful sights to witness.

EARTH DAY OPEN HOUSE

AND PLANT SWAP

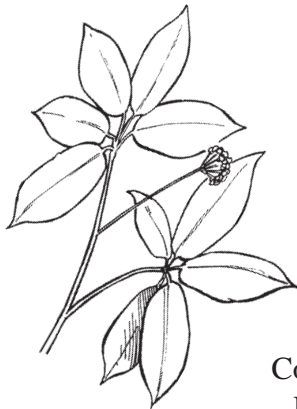
April 21st at 6:30 p.m.

at *Gayle's Thyme Herbal Apothecary*

316 Hazard Avenue in Enfield, CT

www.Gaylesthyme.com

Come for spring time fun and celebrate EARTH DAY
Hope to see you all there. For more info please call
860.763.5206 or email sagewand1@aol.com.



Medicinal Herb Walk at Earth, Wind & Fire Farm

by Lynn Murdock

Earth, Wind & Fire Farm began as a landscaping business . Only recently, did I turn my passion of herbs into a business under the same name. My interest in herbs was sparked seventeen years ago on the day I visited Capriland Herb Farm in Coventry. This visit led me to read everything I could, as well as taking classes, including Rosemary Gladstar's home study course on Herbalism which I have yet to complete. My gardens have seen many herbs, both culinary & medicinal growing in the rich and healthy soil. Earth, Wind & Fire Farm is a grower & supplier of dried herbs and products, such as tinctures, salves, oils, natural cosmetics, including my new venture - soaps! All of which I handcraft using my own herbs. I receive requests from Naturopaths, Chiropractors and many others for my herbs & products and I am grateful for that. I have a strong interest in Native American herbs and much respect for nature and need to be working close to mother earth, while my husband's passion is exactly what he does each day, working as a firefighter, hence the name, Earth, Wind & Fire Farm.

As you tour my gardens, you may witness the soft yellow blossoms of buplerum, taste the mouth tingling buds of spilanthus, watch the self sown passion flower as it climbs up the corner fences of the women's herb garden, see the jack in the beanstalk type hops wind its way up a trellis, observe stinging nettles & rows of mullein as they take over the vegetable garden, brush past the fragrant lavender patch and see many other herbs such as oats, alfalfa, vitex, ginkgo, astragalus, just to name a few.

Join CHA in our Medicinal Herb Walk on Saturday, June 11 from 10:00 am to 12:00 noon at Wind & Fire Farm in Northford, CT. For more information and to register for the Herb Walk, please call 203.484.9679. Rain Date: June 12.

ATTENTION CHA MEMBERS! Are you interested in representing CHA as a speaker at the Health Fairs we attend? If you are and you have a topic or presentation to propose, please contact any member of the Promotions Committee (see back cover).

Member Events, Classes & Workshops, April ~ June

Also see our classified listing for ongoing classes, courses and other member opportunities!

APRIL

2nd - Fools & Faeries Ritual Workshop - \$20

7 to 8 pm at Walk in the Woods in Winsted, CT

To register, contact Rosemari Roast, 860-738-1608, <http://walkinthewoods.byregion.net/>

13th - **Everyday Herbalism** - \$20
6:30 to 8 pm at The Purple Rose in Canton, CT

To register, call 860-693-9345, www.thepurplerose.net

23rd - **Reiki I** - \$57

12 noon to 4 pm at Walk in the Woods in Winsted, CT

To register, contact Rosemari Roast, 860-738-1608, <http://walkinthewoods.byregion.net/>

27th - **Wellness & the Wheel of the Year - Spring!** - \$20

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

To register, call 860-693-9345, www.thepurplerose.net

MAY

11th - **Plant Spirit - Developing Your Relationship** - \$20

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

To register, call 860-693-9345, www.thepurplerose.net

14th - **Plant Spirit Quest** - \$35

10 am to 1 pm at Platt Hill State Park in Winchester, CT

To register, contact Rosemari Roast, 860-738-1608, <http://walkinthewoods.byregion.net/>

21st - **Medicine Making Intensive** - \$200

10 am to 5 pm at Blazing Star Herbal School in Ashfield, MA

To register, contact Tony(a) Lemos, 413.625.6875, www.BlazingStarHerbalSchool.org

JUNE

11th - **Create a Fairy House** - \$15
10 am AND 2 pm at Topmost Herb Farm in Coventry CT

To register, contact Carole Miller, 860.742.8239, www.topmostherbfarm.com

11th - **Medicine Making Intensive** - \$200

10 am to 5 pm at Blazing Star Herbal School in Ashfield, MA

To register, contact Tony(a) Lemos, 413.625.6875, www.BlazingStarHerbalSchool.org

A New Hartford Herbal Sanctuary in the Making by Kim Ruddy

CHA member, Kim Ruddy along with New Hartford Land Trust, Passiflora Tea Room and *United Plant Savers* are teaming up to create a sanctuary herb garden off of route 44, walking distance from New Hartford center. Although still in the planning phase, the goal is to provide a natural environment for people to relax, as well as to advocate native endangered plant species and herbalism.

The sunniest part of the garden, the entrance, will contain medicinal perennials such as *Echinacea purpurea* and *angustifolia*, *Achillea millefolium*, *Symphytum*, and *Lavandula*, interspersed with some annuals (*Calendula off.*, for example) as well as native species to attract butterflies (*Liatris* spp, and *Monarda fistulosa*). The shadier woodland part of the garden, which is the majority of the space, will contain medicinal shrubs including *Viburnum opulus*, *Sambucus nigra* cv., and *Hamamelis x intermedia*, along with native azaleas. Native eastern woodland species such as *Cimicifuga racemosa*, *Hydrastis canadensis*, *Viola odoratum* cv., *Asarum canadense*, and *Gaultheria procumbens*, to name a few, will cover ground with native ferns and ground covers such as *Tiarella cordifolia* and *Galium odoratum*.

Many of the woodland plants will be gratefully provided by *United Plant Savers*, while the New Hartford Land Trust and *Passiflora* fund the entire project. Kim Ruddy, who has designed the garden, is hoping to break ground early next Spring, gradually planting through the season, with the last of the rootstock to be planted by next early Autumn. As all gardeners know, it is the evolution of the garden process that is truly rewarding. Yet what will be even more exciting is to inspire others to surround themselves in nature and be aware of our beautiful medicinal plants and native treasures.

If you would like to contribute to this effort, contact Kim for details.

Kim Ruddy is a CHA council member, horticulturist, family and community herbalist, and busy mother who loves playing in the "dirt."



BE A VOLUNTEER for our CHA / Shared Vision 3rd Annual Women's Festival this September in Litchfield - Call 860.738.1608 to get involved now!

May 21 - KINNE PRESERVE POTLUCK LUNCH & NATURE WALK

Saturday May 21, 2005

10AM to 2PM.

Canterbury, CT

Cost: Your choice of ready-to-serve potluck lunch item or a native medicinal plant to be donated to the preserve. This event starts at the Town Hall Community Center (Rt 14) in Canterbury with a United Plant Savers (UpS) slide show and potluck lunch. Then on to Kinne Preserve for a nature walk/ weed walk/ plant ID walk. You may even get to plunge your hands into the soil to help give home to the donated plants.

Please join us and bring a friend to this special CHA event!

For more information please contact Susan Coombs at 860 546-2076 or herbalheaven@msn.com.

Celebrating Spring with Violet! by Eva Maynard

Materia medica:

Violet - *Viola odorata* (highest in most medicinal constituents) *Viola tricolor*

Part Used: Whole Plant (roots highest in active principles)

Traditional Uses: Pain, detoxification, lymphatic congestion, eczema, immune regulation, constipation, itching, cancer, high blood pressure, menopausal symptoms, fatigue & stress, incontinence & urinary tract infections, wound healing, breast congestion, coughs (bitter expectorant), colds, fevers, anti-inflammatory. In TMC, cooling. Used for liver disorders, bad tempers, eye & skin disorders, constipation & congestion

Constituents: phenolic glycosides, saponins, flavonoids, alkaloids, tannins, rutin, & mucilage. 100g of leaves contain 264mg vitamin C & 20,000 iu of vitamin A. Leaves are high in salicylic acid.

Contraindications: Large doses can cause nausea, vomiting, and diarrhea. Externally, the leaves can cause some skin irritation in sensitive individuals.

Violet facts and lore:

- ~Violets are used in perfumery and as a coloring agent.
- ~They grow well with Angelica, sweet woodruff, foxglove, ladies mantle, pennyroyal, horsetail, and valerian, preferring partial shade and moist soil.
- ~Wearing a wreath of violets will ward off drunkenness, failing that, will prevent a hangover.
- ~Violets are mentioned in the works of Shakespeare, Milton, Homer, and Virgil.
- ~Violets are Aphrodite's flower, the symbol of Athens, and the emblem of the Imperial Napoleonic Party.
- ~Jupiter created violets to feed his lover after he turned her into a white calf so his wife wouldn't know he had been cheating on her.
- ~Violets grown in the dooryard offer psychic protection.
- ~Some species of ants harvest and plant violet seeds.
- ~Greeks used violets to induce sleep, ease anger, and strengthen the heart.
- ~Violets were considered to be Mohammed's favorite flower.
- ~Celtic women mixed violets with goat's milk to make a beauty lotion.
- ~*Viola tricolor* is also known as Johnny jump up, jack jump up and kiss me, herb trinity, kiss her in the buttery, come and meet me, three faces under a hood, hearts ease, love lies bleeding.
- ~Once used as an aphrodisiac - cited in *Midsummer Night's Dream* for that purpose.
- ~State flower of Rhode Island, Illinois, Wisconsin, and New Jersey

Violet Recipes:

Violet Syrup Boil together 1 cup water & 3 cups sugar until sugar is dissolved.

Add 1½ cups violets. Simmer for 5 minutes and strain. Keep refrigerated.

Violet Jam

1 cup flowers

1½ cup water

Juice of 1 lemon

2½ cup sugar

2 oz package of pectin

In the blender, blend flowers and ¾ cup water. Add sugar.

Boil together remaining ¾ cup water & pectin. Boil hard for 1 minute. Add cooked pectin to blender and blend. Pour into clean jars, seal tightly, and refrigerate. This will keep for 3 weeks in fridge.

Mineral Rich Tea

2 pt. Oatstraw

2 pt. Red clover

1 pt. Violet leaf

1 pt. Chamomile

1 pt. Hawthorn lf. & berries

1 pt. Horsetail

1 pt. Nettle

1 pt. Raspberry leaf

Crystallized Violets

10-20 violet flowers

powdered egg white mix

fine castor sugar

Wash violets and lay on paper towels to dry. Prepare egg white powder so that you have the equivalent of 1 egg white

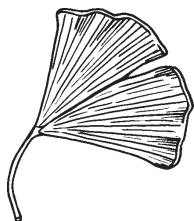
Coat each violet flower with egg white using a fine brush. Dust with sugar. Place in a warm place out of direct sunlight to dry for about 24 hours. Store tightly sealed in a jar between layers of paper away from heat & light.

Violet Honey

1 cup honey

1/2 cup violet leaves and flower.

Place honey & violets in a double boiler and cook for 10 minutes, covered over low heat. Place in sterilized jars, seal, and let sit 7 days in a warm place. Then re-warm over low heat, strain the herbs, and re-bottle.



WELCOME NEW CHA MEMBERS!

Melissa Emma

Marlene McCaffrey

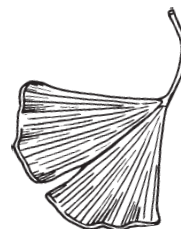
Jordan Messier

Jane Werthmann

Oops! "Welcome" corrections to our last newsletter:

Joan Palmer

Matthias and Andrea Reisen



BOOK REVIEWS

Journey Into Motherhood: Inspirational Stories of Natural Birth by Sheri L. Menelli and various contributors
ISBN: 0974785326

We want everything to be easy nowadays and there is a pill for every ailment in the book. Many women know right from the beginning that they want the epidural while others take the wait and see method and still others very carefully plan a natural birth from the start. I had a hospital birth taking the wait and see method. I decided to go about my business the day I was in labor even attending a baby shower and waiting until I had watched both *Keeping Up Appearances* and *As Time Goes By* on BritCom. I thought if I waited long enough to get to the hospital it would be too late to have the epidural thereby making my decision. Since I was not informed enough to hire a doula or take a hypnobirthing class, once I got to the hospital I was faced with the epidural decision. At that point it seemed like a pretty good idea, but it was too late! I had a beautiful birth without the drugs. I did it! However, I did it blindly knowing nothing about birth and how much more wonderful it could have been if I would have taken the time to really learn about natural birthing. Sheri Menelli has compiled a wonderful collection of natural birth stories in her book *Journey Into Motherhood: Inspirational Stories of Natural Birth*. Each story is written by a mother in her own voice and concludes with *A Mother's Guidance* and *Additional Thoughts* sections giving additional tips and advice to help you arm yourself with the support and guidance you need to have a natural birth.

Many of the stories are so touching they made me cry, but the practical tips and experiences of those that have gone before are priceless. Having a natural birth is not for everyone, but the fact that we hardly ever hear an inspiring natural birth story fills the whole process with fear for many first time mothers. If we can just trade that

fear for education and preparedness, I believe many more women would opt for a more natural birth experience. Menelli has provided women with a book that is both educational and inspirational. By reading these stories while preparing for birth, mothers can feel empowered by their decisions and know that others have gone before them and had a beautiful, natural birth.

*submitted by C.J. Wong,
M.S.(Biology), M.S. (Lib. Info. Sci.,)
Editor, Organic Family Magazine*

FIBROMYALGIA: A Journey Toward Healing by Chanchal Cabrera.

Contemporary Books. 318 pp.
Softcover \$16.95

This book is written from Chanchal Cabrera's personal healing experience as well as holistic herbal clinical experience and a solid understanding of physiology and holistic healing. She manages to satisfy my need for some scientific basis in a clear simple style while not missing the greater mind/body/spirit connections.

Part I is a thorough discussion of fibromyalgia: it's symptoms (including a summary of natural remedies for each), it's causes and explanations of how modern medicine treats it. Part II covers holistic approaches. The chapter Using Food as Medicine includes a section on the building blocks of health explaining protein, carbohydrates, enzymes, insulin/glucagon control, fats (including a great concise explanation of the metabolism of omega fatty acids), amino acids, vitamins and minerals. The second section on building a healthy diet brings it all together with practical suggestions. The Herbal Approaches chapter discusses holistic medicine, herbal therapy, building an herbal formula and clinical approaches. It is followed with an appendix on how to make herbal medicines and a materia medica. The last chapter, Adjunctive Therapies, discusses sleep management, light therapy, bodywork, exercise and more. It is followed by an appendix of sources and resources.

Highly recommended for understand-

ing Fibromyalgia and developing a personal treatment plan.

submitted by Pamela Quayle, The Herb Gatherer, LLC

Do you have a book you would like to review? Just submit it to walkinthewoods@5pillars.com.

CHA CLASSIFIEDS

Custom Signs

If anyone is in need of an affordable sign maker can contact Holly Coombs at 860 546-2076. Some examples of her work are Cindy Baker's Sattva Vital Health signs, Sue's Herbal Heaven signs, and now Kinne Preserve's entrance sign. She used to work at Killington Mountain in Vermont as a sign painter in years' past, and has rekindled the old artist energies. Holly also has web design experience if you are in need.

Walk in the Woods - School of Herbal Wellness!

New course cycle beginning in April! A flexible course of study designed to meet the desires and needs of each student, allowing for flexibility of schedule, commitment and financial considerations. Classes take place in Winsted, CT or "in the field." For more info or a schedule of upcoming classes, please visit <http://walkinthewoods.byregion.net/> or contact Rosemari Roast at 860.738.1608.

Blazing Star Herbal School - Herbal Apprenticeship for Beginners

Every Wednesday beginning April 13, 2005 through February, 2006, 11:00 am to 5:00 pm at Blazing Star Herbal School in Ashfield MA. Cost: \$1750. For more info, contact Tony(a) Lemos, www.blazingStarHerbalSchool.org, 413.625.6875

Blazing Star Herbal School -Immed-ate/Advanced Herbal Apprenticeship

Alternate Tuesdays beginning April 14, 2005, 12:00 noon to 6:00 pm at Blazing Star Herbal School in Ashfield MA. Cost: \$1750. For more info, contact Tony(a) Lemos, www.blazingStarHerbalSchool.org, 413.625.6875

June is membership renewal time!!

CHA Membership Application

please print clearly

name: _____

business name: _____

address: _____

city, state, zip: _____

phone # (include area code) work: _____

Email: _____

Website: _____

For the CHA Directory of Members, please write a brief description to be included in the printed directory, including information about yourself, your relationship to herbs, your business, and reason for joining (include your focus & intentions, credentials, education, practice, etc.) Please print clearly and keep to 30 words or less.

Please copy or detach this page and send it, along with your annual dues of \$25 and mail it to:
Connecticut Herb Association

c/o Paulla Duhaime
PO Box 310491
Newington, CT 06131

I have included \$_____ to my payment for donation to the CHA Scholarship Fund.

The power of the world always works in circles, and everything tries to be round. The sky is round, and I have heard that the earth is like a ball, and so are all the stars. The wind, in its greatest power, whirls; birds make their nests in circles, for theirs is the same religion as ours. The sun and moon, both round, come forth and go down again in a circle. Even the seasons form a great circle in their changing, and always come back again to where they were. The life of a person is a circle from childhood to childhood, and so it is in everything where power moves.

~ Black Elk

CHA COMMITTEES

HerbFest

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Rosemari Roast, 860.738.1608, walkinthewoods@5pillars.com

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Gayle Nogas, 860.763.5206, sagewand1@aol.com

Eva Maynard, 860.742.1258, info@southernriverherbals.com

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Michele Maclure, 860.456.1223, MicheleMaclure@hotmail.com

Kimberly Ruddy 860.379.9155, yarrowviolet@yahoo.com

Liz Santamaria, 203.284.0754, Ismaria@snet.net

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



***Recycle this issue ~
share it with a friend,
associate, client or
stranger!***



**Connecticut Herb Association
PO Box 310491
Newington, CT 06131**

Please submit your contributions for our next issue of *The Connecticut Thymes* (July, August, September 2005) to Rosemari Roast (walkinthewoods@5pillars.com) no later than **May 15, 2005**.