



The Connecticut Thymes

Autumn to Winter 2005

CHA CALENDER

OCTOBER

15th - Vernon Health Fair
10am -4pm CHA booth and
Deb Hultgren guest speaker

**22nd - Bewitching Potluck
and Fun Night**
6pm RSVP by 10/17, Details
inside this issue!

NOVEMBER

**10th - 1st Annual CHA
Meeting**
7pm at the Newington Senior
Center

DECEMBER & JANUARY
We rest . . .

FEBRUARY

**Seed Exchange/Potluck
Luncheon**
at the Newington Senior Cen-
ter, Date and details TBA

MARCH

Member Retreat
Details TBA

Chance to Begin Anew

by Kat Conte

Being a new member of CHA, I attended my first HerbFest June 4th 2005 at Topmost Herb Farm. There I was inspired to continue my study of herbs and pursue my dreams. It was wonderful to meet people who love what I love.

My love of herbs and nature started in my childhood with my beloved Mother being a great influence. We dabbled in herbal remedies back in the 1970's. This never developed into anything serious because my father believed it was "voodoo" and other choice negatives, so we were made to stop. Yet we always had it hidden within us. I did what was expected of me and got a "real" job with a steady income but I was never happy.

Suddenly at nearly 50 years old I experienced several major life changes. Within a short span of 6 months I endured an illness, a death, loss of my job, serious injury and depression. (Who wouldn't be after all that?) However, this led me to be able to start my life over and to finally pursue my dream.

I try not to look back at all the wasted years being what others thought I should be. I look forward to being the real me - an Herbalist!



A poem, by melissa emma

I ruminat
my thoughts reflect
shimmering off
ocean waves rolling on to shore
I roll on with them, spiraling
down the vortex
of evolution
finding my origin in
Gaia

**Observations from our day at Magic Wings Butterfly
Conservatory,
Wilder Hill Gardens and Bridge of Flowers**

Sandy: I loved being in the butterfly house with all the bright colors flitting about and being friendly with everyone. Roe and I got landed on while Paulla got mated on. I also loved Wilder Hill Gardens because new plants are always exciting and I was overwhelmed with the amount of work the owner has put down. And between our activities we had a nice break to make the day complete, food, friends, fronds and flutterbys.

Sue: A delightful day all around. I love going to the butterfly place anytime. It's almost like a kind of meditation for me to sit and enjoy the beauty all around. It seems like I see something new each time I go there. Then, the trip onto Wilder Hill Gardens was fun. It was nice to see what others are doing with their lands, and how they handle any gardening hurdles. I must admit that it was very hot standing in the sun there, but still fun. I also enjoyed the bridge of flowers. I had never been there before, and I thought that it was a nice topper to the day. Again, still very hot in the sun, but fun. Of course, the company is always great. I think a fun day for all.

Rose: I loved the sense of sisterhood that I felt so strongly around me. I was in such lovely company that the enchantment of Magic Wings, the charm of Wilder Hill Gardens, the beauty of the gardens at Shelburne Falls, not to mention the awesome weather, were all simply bonuses to an otherwise perfect day in perfect company.

Paulla: watching Holly pick on Mom, having a family picnic lunch together, eating Sandy's Lemon Walnut Bread, walking through all those organic garden beds in the field, trying not to pass out while Sue rubbed the back of my neck with chunks of ice, driving home in an air conditioned vehicle and having Michele tell me CJ definitely wanted to get on Council.

Michele: Sunday July 24th dawned a beautiful, sunny and clear day. The CHA members met at 10:00 at Magic Wings to begin our day. As we walked and admired the butterflies, fauna and the wonderment of the conservatory, we are all awed about how nature is good to us. Butterflies landed on us and had mating rituals on us (it must have been the pink pants Paulla had on). Magic Wings has created a wondrous place for people to come and view these flying flowers. We then proceeded outside to a scrumptious lunch prepared by Roe, which included egg, tuna salad sandwiches, potato salad, coleslaw, pickles, chips, herbal iced tea prepared by Paulla, lemon walnut bread and lavender lemonade made by Sandy, desserts made by Roe and Michele. After filling ourselves we then took to the road again to Wilder Hill Gardens in nearby Conway. Wilder Hill Gardens was created 4 years ago by Lillian Jackman, she took a field and has

turned it into a gardening oasis. There are cut flower gardens, sun and shade gardens, a Southwest design garden and the most beautiful vegetable garden I have ever seen. We all had a chance to shop for plants afterwards. Lillian could not be with us, her apprentice Jade was most gracious and very informative about the gardens. As the afternoon hour was still fairly early, we added a bonus to our trip, to go to the Bridge of Flowers in Shelburne Falls. We also all congregated on Bridge Street while Paulla cooled down and we sipped on water and or something cold. An added delight to the day was Dale, CJ's and Gene's little boy. It is always a pleasure to see the wonderment in a child's eyes when viewing nature. At one point on the Bridge of Flowers his little hand wrapped itself around my fingers and CJ's, like he was guiding us along. I look forward to future trips CHA has planned and enjoy the fellowship of joining with others in sharing food and common interests. It truly was a special day.

CJ, Gene & Dale: What a great day!

And Rose adds: The day was also gifted with some exquisite yummys that were shared during our picnic. Here's just a couple:

Sandy's Lemon Nut Bread: Sift together 1 ½ cups flour, 1 cup sugar, 1 tsp. baking powder and ½ tsp. salt. Add ½ cup butter creamed well. Stir in alternately 2 beaten eggs and ½ cup milk. Lastly stir in the grated rind of one lemon (or orange) and ½ cup chopped walnuts. Bake in a greased bread pan at 350* for approx. 1 hour. When done pour over the top of the loaf, juice of one lemon mixed with ¼ cup sugar. Let cool before removing from pan. Use organic butter and eggs.

Michele's Strawberry Lavender Cupcakes: 2 cups all - purpose flour, 1 ½ tsp. baking powder, 1 tsp. baking soda, ¼ tsp. salt, 1 cup hulled and sliced strawberries, ¼ cup water, 1 cup granulated sugar, 3 eggs, 2/3 cup vegetable oil, 2 tablespoons fresh lavender flowers or 1 tablespoon dried. Preheat oven to 375°F. In large mixing bowl, sift together flour, baking powder, baking soda, and salt. Whirl strawberries and water in blender until pureed. In small bowl, whisk together sugar, strawberry puree, eggs, oil, and lavender flowers. Add to dry ingredients and stir well. Grease and flour 12 - cup muffin pan (or use mini muffin pan) Pour batter into prepared muffin pan and bake 15 -18 minutes (10- 14 minutes for minis). Makes 12 cupcakes, or several mini's.

Lavender Frosting: 4 ounces cream cheese at room temperature, 4 tablespoons butter at room temperature, 2 cups confectioners sugar sifted, 1 tablespoon lavender flowers. Few drops grape juice for lavender color.

Mix together cream cheese and butter in a mixing bowl. Mix in confectioners' sugar, ½ cup at a time until well blended. Stir in lavender. Add a few drops grape juice to turn frosting an attractive shade of lavender. Makes approx. 1 ½ cups frosting.

A Few Words about the July 16 Aromatherapy Conference at Blazing Star Herbal School

by Michele Maclure

Blazing Star Herbal School hosted the Aromatherapy Conference. This was my second year in attending. Although a small conference about 40 people in attendance, it is very informative, fun and intimate. The keynote speaker this year was Mindy Green Scent, Spirit and Science, other speakers Tonya Lemos Musings on the Aromatherapy Consultation, Lesley Wooler The Chemistry of Essential Oils, Desiree Cohen Aroma Wand Incense, Linda Patterson Aromatherapy for the Respiratory System, Michael Ford Botany and Aromatherapy, Michele Maclure Baking with Aromatic Herbs. Linda Patterson led the Opening Circle, there was a tea tent set up with baked goods from Deb Pouech, vendors our own Gayle Nogas and Helyn Bartholomey, plus others selling soaps, essential oils, cleaning products, incense and much more. Lunch was made by Tonya's apprentice and was very yummy, egg or tuna salad, green salad, blue corn chips and oatmeal cookies. Next years format will be different so stay posted for the details.

WELCOME NEW CHA MEMBERS!

*Susan Apito
Kat Conte
Kim Elovirta
Elaine Frost
Shirley Hales
Rev Dr. Dawn Hill, DD
Laura Mignosa
Joellen Monson
Alicia North
Michael Russo
Pamela Selders
Wendy Werthmann*

Book Review

Green Clean: The Environmentally Sound Guide to Cleaning Your Home

Authors: Linda Mason Hunter and Mikki Haplan

Publisher: Melcher Media, 2005

ISBN: 1595910042

Review by C.J. Wong, Organic Family Magazine

Green Clean provides an excellent resource to greening your home environment. The book briefly begins with the history of cleaning, the toxic chemicals that are contained in our modern cleaning agents, and an introduction to green cleaning including the tools needed and steps to the process. Next, the book dives into a room-by-room green guide to cleaning. Included are how to clean different types of surfaces such as walls, floors, countertops, sinks, appliances, furniture, carpeting and clothing. The latter part of the book talks about storage, disposal, and recycling of hazardous household products including a handy chart with the type of product listed with the best way to dispose of it.

Many recipes for creating your own cleaning products such as an all-purpose cleaner, carpet cleaners and deodorizers, dishwashing, disinfectants, drain cleaners, floor cleaners, air fresheners, furniture polish, laundry detergent, metal cleaners, window cleaners, oven cleaners, sink, toilet and tile cleaners. There is a stain guide for how to get out tough laundry stains naturally as well. Additionally, a product guide along with resources and readings are included.

This book includes an index and is made out of durable synthetic paper. You could leave the book in the bathroom and not have to worry about it getting wet and ruined. Using the tips and recipes contained in the book can save your family money, but more importantly you'll learn how to green your environment. I had already been using cleaning products similar to those recommended (baking soda and vinegar can do wonders) and find they work excellently, and I do not have to worry about having toxic cleaning products in my house near my child and dogs. Overall, I learned from this book and highly recommend it to anyone looking to green their cleaning routine.

CHA CLASSIFIEDS

Help Wanted: CT Thymes Position - Contribution Coordinator. Do you like meeting CHA members? Do you enjoy learning more about them and what they do? Then you might be a prime candidate for Contribution Coordinator! Responsibilities include collecting articles and contributions for our quarterly publication. Contact Rosemari at 860.738.1608 or walkinthewoods@5pillars.com from more info.

Custom Signs - If you are in need of an affordable sign maker can contact Holly Coombs at 860 546-2076. Examples of her work include Cindy Baker's Sattva Vital Health signs, Sue's Herbal Heaven signs, and Kinne Preserve's entrance sign. Holly also offers web design support.

Reiki Classes - Liz Santamaria RMT is teaching on-going Reiki classes at Curious Goods, 415 Campbell Ave, West Haven, CT. Level's 1,2 & 3 are \$150.00 each, Level 4 Master/Teacher is \$300.00. For dates, times or more information call: Curious Goods at 203-932-1193, or Liz at 203-715-2005.

Open House with special appearances of "The May Girls" traditional music. December 11, 12, 17 & 18, All Day 'til 4 at South River Herbals, 140 South River Rd. in Coventry, CT. Contact 860-742-1258 or info@southerherbals.com

A new apprenticeship!! Seasons Of Herbalism, Fall-Oct 29-30 2005, Winter-Feb 4-5 2006, Spring-May 6-6 2006, Summer-August 5-6 2006 \$790 - This course invites you to live closer to the elements. Each weekend also includes a meditation and a hike to a local place of interest to explore the seasons glory. We will cover Herb Gardening, Ethical Wildcrafting, Wild Foods Preparation Herbal First Aid* Herbal Medicine Making, Seasonal Tonics, Flower Essences, Natural Cosmetics & Skin Care, Earth Ceremony, Herb ID Walks. For more info, contact Tony(a) Lemos, www.blazingStarHerbalSchool.org, 413.625.6875.

Herbal Medicine and Children, Wednesdays November 2, 9, 16, 30th 2005 5:30-8:30pm - Starting at the beginning with pre-conceptive

health-care and continuing throughout childhood we will explore how to raise healthy children and prevent compromised immune systems. We will cover common and some less common childhood illnesses as well as appropriate dosage for babies and children, methods of administration, creative medicine making and materia medica - \$125 (Must sign up for all 4 classes). For more info, contact Tony(a) Lemos, www.blazingStarHerbalSchool.org, 413.625.6875.

Are you looking to connect with other moms who share your perspective? The New Haven County Chapter of the Holistic Moms Network meets on the third Thursday of the month at St. Paul's Church in Wallingford. We cover a variety of topics at our meetings. Recent meetings were on toddler nutrition and ways to save money and still eat organic by supporting local farmers. Please e-mail co-leader C.J. Wong (sciencelibrarian@hotmail.com) if you have questions or need directions.

The CT Unit of the Herb Society of America present Silver plants and Edible

Flowers on September 22nd at 10:00 - 1:30 p.m. at the Pond House at Elizabeth Park in Hartford, CT. Karen Bussolini will speak on silver plants and Joy Molloy on edible flowers. Lunch will be served at 12:30, vendors will be selling their wares, and there will be a tour of the Herb Garden. Fee \$35.00 per person. Seating is limited. Those wishing to reserve a space can mail a check made out to "CT. Unit, HAS" to Kathy Donohue, 83 East Street, Box 1231, Litchfield, Ct. 06759. Please include phone number and or e-mail for confirmation. Kathy can answer any questions at (860) 567 - 9656: email [jack.Kathy@ att.net](mailto:jack.Kathy@att.net)

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

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

OCTOBER

8th

Fun Stuff to Make with Your Daughter - \$40, 6:30 pm at South River Herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258

9th

Holiday Soapmaking - \$60, 1:00 pm at South River Herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258

15th

Herbs for Winter Health - \$25, 6:30 pm at South River Herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258

22nd

Lotions & Creams Workshop - 6:30 pm at South River Herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258 or

28th

Making Sense of Scents for Soapers, Naturally - \$50, 6:30 pm at South River Herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258

29th

Advanced Techniques in Soap making - \$60, 1:00 pm at South River Herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258

Reiki 1 class - \$120—CHA mbr discount \$115, 9:00 am to 5:00 pm at Forest Spirit Healing in East Hartford, CT. To register contact Richard DeJohn, 860-568-6373

NOVEMBER

4th

Herbs for Stress - 6:30pm at South River herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258 or

11th

Holiday Cooking with Herbs - Appetizers - 6:30pm at South River herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258 or

13th

Natural Face Care Workshop - 1:00pm at South River herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258 or info@southriverherbals.com

November 19

Spa Products Workshop - 6:30pm at South River herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258 or

Reiki 1 class - \$120—CHA member discount \$115, 9:00 am to 5:00 pm at Forest Spirit Healing in East Hartford, CT. To register contact Richard DeJohn, 860-568-6373

DECEMBER

2nd

The Natural Man - 6:30pm at South River herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258 or

4th

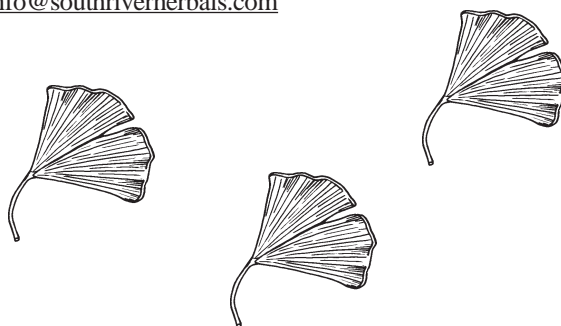
Soapmaking - 1:00pm at South River herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258 or info@southriverherbals.com

9th

Holiday Scents Workshop - 6:30pm at South River herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258 or info@southriverherbals.com

16th

Tea Tasting and Class - 6:30pm at South River herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258 or info@southriverherbals.com



Bewitching Potluck and Fun Night

6:00 pm on October 22nd at the home of Michele Maclure. Bring a dish to share, a blank face mask and a small pumpkin to carve. This is sure to be a treat for all who attend. Contact 860-456-1223 or to RSVP by October 17th.

First Annual CHA Member Meeting

7:00 pm on November 10th at the Newington Senior Center in Newington, CT. Come one, Come all, cast your vote for CHA's BOD and learn how CHA is growing!

2006 events!

Road trips to Gilbertie's Nursery, Pickety Place in New Hampshire, Second Annual Kinne Preserve Day, HerbFest on June 3rd in Coventry, and the 5th Annual Women's Festival on Sept 23rd in Litchfield, Taste!Organic on September 24th in Coventry and more to be announced!

CHA COUNCIL

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Eva Maynard, 860.742.1258, info@southeriverherbals.com



Recycle this issue!

*Share it with a friend,
associate, student,
client or stranger!*

Please contact any of the above CHA members with your questions, concerns, ideas & inspirations.



Connecticut Herb Association
PO Box 310491
Newington, CT 06131

Please submit your contributions for our next issue of *The Connecticut Thymes* (January, February, March 2006) to Rosemari Roast (walkinthewoods@5pillars.com) no later than **November 15, 2005**.