



The Connecticut Thymes

Fall to Winter - 2006

www.ctherb.org

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CHAI Calendar

See further details in the body of the Newsletter.

OCTOBER 14

Herb Day at Kinne Preserve
Weedwalk hosted by Pam Brundage. 1 PM
at the Preserve. There will also be a short
rededication ceremony (30th birthday)
before the walk. For directions and more
info. contact Sue Coombs [herbalheaven@
sbcglobal.net](mailto:herbalheaven@sbcglobal.net) or 860-546-2076.

OCTOBER 21

Dr. Jody E. Noé, M.S., N.D. of Natural
Family Health & Integrative Medicine,
Westerly, RI. 1:00 – 4:00 pm, South
Windham Congregational Church, 351
South Windham Road, South Windham CT.

NOVEMBER 9 (Thursday)

CHAI Annual Meeting. 7-9 PM, Newington
Senior Center, 120 Cedar Street,
Newington, CT. All CHAI members are
welcome!

NOVEMBER 11

Pam Quayle will sponsor a gathering of barberry
at a nature preserve in Haddam at 1 PM. Call
Pam at 860-345-2631 or email her at
herbgatherer@hotmail.com if you have
questions.

See final pages for Classes/Classified Ads

Message from CHAI Board of Directors

As autumn and winter approach like woven sisters,
the CHAI Board of Directors has been busy doing
its own weaving of programs, events and looking to
the future.

- **Dr. Jody Noé** will be presenting on October 21st; let us embrace her knowledge and wisdom of integrative medicine.
- The **HerbFest** committee has already begun their meetings for next year's Fest.
- The **Retreat** committee is forming and will be meeting to put together a weekend of fun and relaxation for us all.
- As we harvest our herb gardens and put up their bounty, may you be weaving together ideas and suggestions for CHAI and bring them with you to the annual meeting in November. The **CHAI Board of Directors** looks forward to seeing you at the meeting.

Enjoy autumn's weaving of colors that blend into
the chill and frosty mornings of winter.

Green blessings to all,

Michele Maclure

Member, CHAI Board of Directors



Committee Members, PLEASE NOTE!!!

Every committee should have a member present
at, or a report sent in to Sue Coombs for, each
Quarterly Meeting of the Board of Directors. This is
especially crucial for the **Annual Meeting** in
November when committee budget and staffing
requests will be decided.

Dr. Jody E. Noé, M.S., N.D.

Natural Family Health & Integrative Medicine,
Westerly, RI

Will be speaking Saturday October 21, 2006

Topic: Integrative Therapies and Cancer

South Windham Congregational Church
351 South Windham Road, South Windham CT
Hours: 1-4 PM

Modalities:

Naturopathic Medicine
Traditional Cherokee Medicine
Homeopathy
Ethnobotanist
Traditional Chinese Medicine
Nutritional Medicine

As well as family medicine she also specializes in integrative oncology, HIV/Aids and chronic disease. Dr. Jody E. Noé obtained her Doctorate of Naturopathic Medicine from Bastyr University in Seattle, Washington. Previous to this, she was awarded her Bachelor's and Master's of Science degrees from Old Dominion University in Norfolk, Virginia. Dr. Noé served as adjunct faculty to the University of Bridgeport College of Naturopathic Medicine, Quinnipiac University, Connecticut College of Naturopathic Physicians, Bastyr University, the New England Women's Herbal Conference, Northwest Institute of Acupuncture and Oriental Medicine (NIAOM) and several community colleges and private organizations.

Cost:

CHAI members: \$22 at the door.

General Public: \$24 at the door.

Students: \$12 with valid ID

Light snacks and tea provided.

Contact Sue Coombs:

herbalheaven@sbcglobal.net

or call 860 546-2076 to reserve your spot today!

Visit Dr. Noé's website:

<http://www.drjodyenoe.com/>

Sponsored by the Connecticut Herb
Association, Inc. (www.ctherb.org)



Gathering Wild Barberry

Pam Quayle will sponsor a gathering of barberry at a nature preserve in Haddam at 1 pm on Saturday, November 11.

Berberis spp. is an exotic and invasive plant that can turn diverse ecosystems into monocultures. We'll be helping the Haddam Land Trust in their work to clear invasives to allow the native plant communities to heal. And we'll have barberry for our own use (see accompanying article on uses).

The preserve is a beautiful 31 acre area being developed as a grassland bird habitat, surrounded by forest and wetlands. When we arrive we'll take a quick walk around the preserve identifying some of the ecosystems and native plants that comprise them. We'll dig enough barberry roots for everyone and then bring them back to my house to wash and cut them for drying or making tincture. Bring a shovel, hand clippers, gloves and bag for your roots. If you wish to make tincture bring grain alcohol and a jar that closes tightly and will hold at least twice the volume of tincture you wish to have after straining.

Meet at the Bamforth Wildlife Preserve on Bamforth Road in Haddam. Heading south on Route 9 take exit 8 – Beaver Meadow Road and turn left at the stop sign at the end of the ramp. If heading north on Route 9 take Exit 8 and turn right at the stop sign at the end of the ramp. Continue on Beaver Meadow Road until you come to a stop sign, then turn left, cross a small bridge and turn left again onto Hayden Hill Road (when the road crosses the bridge it immediately turns to the right so turning left may feel like going straight). Follow Hayden Hill until there is a very sharp left turn onto Bamforth Road (you will turn almost 180 degrees). Follow Bamforth road until you see an opening on the left with a red barn. Park by the barn.

Questions? Call Pam Quayle 860-345-2631 or email herbgatherer@hotmail.com



Barberry

by
Pam Quayle

Picture from www.botanical.com/botanical/mgmh/b/barcom12.html

Berberis vulgaris and *thunbergii* are the barberries that are plentiful and invasive in our area. They are spiny plants with lemony tasting edible leaves and berries that can be used to make jelly or a conserve. The berries have also been used in tea for fevers, as a laxative and for gum infections. Several *Berberis* species have been used throughout the world and from my research seem to be interchangeable.

The yellow root is usually used. Its actions are bitter, astringent, antiseptic and alterative. The color is due to the alkaloid *berberine*, the most active part of the root on physiology. The stronger the yellow color the more *berberine* is present, therefore the more potent the action. It can be dug anytime, but late fall is best. It dries nicely cut and hung loosely in a paper bag. A decoction can be made from the dried root. The root can also be tintured either fresh or dried.

In small doses (5-10 drops) the tincture can be used as a bitter to stimulate digestive juices. An easy rule of thumb for this use is regular indigestion, teeth or gum problems, and a white or yellowish coated tongue in the morning. In larger doses (15-20 drops) the tincture is a stimulating tonic to liver function. It would be indicated for those with moderately impaired liver function which shows as dry skin, poorly healing skin and mucosa injuries, constant bad breath and coated tongue (especially in the morning), difficulty digesting fats and proteins, rapid shifts in blood sugar levels, a long standing preference for sweets, and a history of food or environmental allergies. (Moore)

I have used even smaller doses than Michael recommends with good results. In very large doses it is purgative with watery discharges and intestinal cramps.

It exerts a distinct impression on the gall-ducts, favoring the escape of bile, always proving gently laxative, and even acting as a mild and slow cathartic in large doses. This action renders it of much value in jaundice; and in all cases where absorbed bile has depressed the strength, lowered the digestion, tinged the skin, and weakened the lumbar region. Its action on the hepatic organs makes it a good addition to alterative syrups for various affections of the skin. (Cook)

Berberine-containing herbs may also be used for: bacterial and fungal infections; protozoal infections, tapeworm infestations, possibly as an adjunct in treatment of congestive heart failure, arrhythmia; possibly in prevention of cancer; thrombocytopaenia. (Mills & Bone)

Berberine is similar to *hydrastine*, the alkaline in Goldenseal, and has been used similarly for sore eyes, canker sores in the mouth and infections of the mucosa and digestive tract. It is effective on staph and other bacterial infections moving from the outside inward. As a topical disinfectant it can be used as an oil, salve, dusting powder, tincture or tea.

I have also seen reports by herbalists that have had good results using it for antibiotic resistant *otitis media*, abscessed tooth, colds and flu of bacterial origin and bronchitis.

Bibliography:

Cook, William: *The Physiomedical Dispensatory* - can be found at henriettesherbal.com

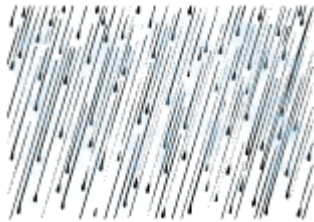
Mills, Simon and Kerry Bone: *Principles and Practice of Phytotherapy: Modern Herbal Medicine*. Elsevier Health Sciences, 1999. ISBN: 0443060169

Moore, Michael: *Medicinal Plants of the Pacific West*. Santa Fe, NM: Red Crane Books, 1993. ISBN: 1878610317



Soggy HerbFest 2006

by Carole Miller



Did it seem that the rain would never stop, and that the saturated ground could not hold another drop? Did it seem that this was the coolest, wettest spring in memory? Apparently the people who keep track of such things disagree, and it is only the 3rd wettest since recordkeeping began. HerbFest day was truly a teaser, because there were brief periods of bright sunshine, making believers of us all that the deluge was ended, only to plunge us back into torrential downpour minutes later. And it surely could have been warmer!

The HerbFest Committee, a stubbornly determined bunch of herbies, was able to make it happen only with a great deal of help. We're grateful for the help of CHAI members, and also for family and friends. We hope that you will keep us in mind for next year and offer a few hours of your time. The success rests in the details and it takes many people to make it run smoothly. CHAI members are also great cooks who generously donate a wide array of baked goods, so necessary for our bake sale table.

There were many heroes and heroines that day, and just plain good folks who managed to maintain their good humor thru the chilly rain and all that mud. Two groups who should be mentioned are the parking folks and the attending public.

The parkers were over the top. Some were CHAI members, others friends and family. Most worked all day long without lunch and I cleaned most of them off with the hose at the greenhouse before they squished their way home. Pushing cars by hand automatically meant a mud bath from head to toe. We usually offer those working all day a half-hour chair massage in appreciation, but none took the time to take advantage of it. My son was totally in awe of the 2 ladies who appeared to spend all their time on the wet ground,

hooking up tow chains to cars. Also, it's a good friend who drives his big tractor over 5 miles to come and pull cars out of the mud all day long – the Topmost tractor pulled out the small cars. When the mud became too deep and the fields completely churned up, parking attendants were stationed up and down the road, parking people on the sides, hoping the police would not arrive.

“Yes, it's happening” should have been the message on my voicemail since the inquiries came all day, but attendees came all day nonetheless. Half the normal amount, but considering that many of them knew that they had to walk almost a half mile down the road in the pouring rain speaks volumes. They came in full rain gear, they came wearing their boots, they came with their umbrellas. A friend of mine who is 81 and has had 5 hip replacement surgeries over time, came with cane and umbrella, the only concession being that he asked his niece to drive him. “This is a great thing” he said in parting. Some workshops were moved to the barn, and all the chairs were full. A few vendors were forced to cancel – understandable due to their products' susceptibility to dampness – but those who endured found that sales, though not as high as usual, were still steady. All summer long at the Coventry Farmers' Market people stopped at my booth to tell me that they attended HerbFest and loved it. I still think that we need buttons for these folks; probably with a gold star, and something on the order of “I survived a rainy HerbFest”.

We are sad that we are losing Pamela Quayle, chairperson of our committee. Time constraints and her work with the Haddam Land Trust have forced her to make difficult decisions, but she leaves us with a solid organizational format to follow and promises that her heart is still with us. Marylou Amenta and Pat Lavery will assume co-chair responsibilities and we have already begun plans for next year.

The love of the green world, the quest for knowledge, the chance to network and showcase herbal products, plants and handmade goods as well as the opportunity to greet old friends – these all contribute to the flavor and success of this day. It is a day like no other, and having people say thanks for providing it makes us all the more committed to provide an even better event for 2007. We hope that Saturday, June 2, 2007 dawns bright, clear and dry. ✕



Birth Announcements



Congratulations to CJ & Gene Wong on the birth of their second son in mid-August. He was born naturally at the BirthPlace at St. Mary's in Waterbury "with my awesome midwife Paula Jean Cate!"

Congratulations to Michele Maclure & her family on the birth of granddaughter, Sofia Layne Strickett, on Monday, August 26. She was 8 lbs 14 oz., 21" long at birth. "She is beautiful, with dark hair, long eyelashes & a dimple in the middle of her chin."



Poetry Corner



Submitted by Rollande Duhaime

Don't Quit!

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit –
Rest if you must, but don't you quit.

Life is queer with its twists and turns,
As everyone one of us sometimes learns,
And many a fellow turns about
When he might have won had he stuck it out.
Don't give up though the pace seems slow –
You may succeed with another blow.

Often the goal is nearer than
It seems to a faint and faltering man;
Often the struggler has given up
When he might have captured the victor's cup;
And he learned too late when the night came down,
How close he was to the golden crown.

Success is failure turned inside out –
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit, –
It's when things seem worst that you mustn't quit.

Author unknown

Submitted by their teacher, with their permission

I am a Weed

I am a weed
The bully of the flowerbed
Pushing the bedding plants aside
And swamping their color and perfect leaves
I am far from perfect
I am a weed
I am strong and independent
I am perfect in my own way
I can keep reliving
I am weed
So beautiful inside
I can grow and live wild
On my own
I am a weed.

Heather Sposa
Leland & Gray Union High School
Townshend, VT

There are no real flowers

Weeds are the ever present burden of a gardener
– an infestation.

Flowers are a purposeful beauty.
When you pull weeds, you kill nameless faces –
non-individual parasites.

Flowers stand out more, though.

Are you a weed or a flower?

Some flowers may be weeds –
like dandelions –

ever-present leeches of earth –
but they do smell good.

Maybe we're all weeds, though, in this
homogeneous world we live in.

Who's to say?

I'd rather be a flower, because I'm vain.

Not secure enough to be a weed.

When conforming meets revolt, maybe we're all
weeds desperately trying to be flowers.

When flowers can be weeds and weeds can be
flowers,

who really knows which is which –

We're all incognito –

The roses on the streets are really three-leafed
clovers at home –

They just have a façade of sweet beauty.

A tulip or a daisy, jack-in-the-pulpit or
rhododendron –

In today's world it's evident,

We're all pretending.

Myles Ellison
Leland & Gray Union High School
Townshend, VT

CONSTIPATION

by Lynn Murdock

With all the information about getting enough fiber in your diet, so many people are still constipated. Essential fatty acids help and can be taken in the form of: flax oil, fish oil, using olive oil in everything that calls for oil and grinding flax seeds for your cereal, salad, yogurt etc. Psyllium seed helps, but remember to drink plenty of water. Drinking lots of water is important anyway. Eat lots of fruits, vegetables, nuts, seeds and grains. The book *Nourishing Traditions* explains how to soak the grains, nuts & seeds for better assimilation. I have given this Bran muffin recipe (see "*Cooking with ...*") out to many people in the past 20 years. An aunt of mine who lived in Michigan wouldn't make them, but would make the trip to Connecticut just to eat some of these muffins, for it was the only time she wasn't constipated. I recently gave the recipe to her granddaughter and here was her response: "OH MY GOD LYNN, you should name these Lynn's miracle muffins!"

Make a batch or two and freeze them, leaving out a few at a time to have one each day. With the above suggestions, constipation should be a word of the past.

Bibliography:

Fallon, Sally, and Enig, Mary G, and Murray, Kim W.: *Nourishing Traditions: The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats*. New Trends Publishing, Incorporated, 2003. ISBN: 0967089735



CHAI Quarterly Meeting *Monday, August 7, 2006*

The most recent quarterly meeting of the CHAI Board of Directors was held at the Pasta Fair Restaurant in Branford on Monday, August 7. Attended by nine members, the group approved, with one correction, the Minutes from the last meeting and the Treasurer's Report. Part of the funds in the

Treasury will be set aside for expenses relating to HerbFest 2007.

The HerbFest Committee will need 2-3 new members to fill positions being vacated by Deb Hultgren (speaker coordinator), Eva Maynard (volunteer coordinator) and Pam Quayle (chairperson). If you are interested in serving on the HerbFest Committee, please email Marylou Amenta, maui5298@sbcglobal.net or Pat Lavery at galavery@snet.net to indicate your willingness to serve. Thanks to Pam, Eva, and Deb for their good and cheerful work! In the wake of the rainy HerbFest 2006, a few decisions were made for the future. The Barn at Topmost will be used for any speakers who need electricity. Also, given the difficulty of setting up and taking down the tents, the Committee will explore other types of tents. The committee expressed their thanks to Steve Nogus for his help with tents over the years.

The Board of Directors will have a vacancy to fill this year as Michele Maclure completes her term. If you are interested in serving, or in nominating someone to serve, please contact Sue Coombs, herbalheaven@sbc.global.net by the end of October. For guidelines on serving on the board, please see www.ctherb.org/boardmember.html.

The group reviewed upcoming events (see the calendar on the first page) and discussed possibilities for the next several months, including winter and summer visits to **Tower Hill Botanical Gardens** (near Worcester, MA), tree and/or rose tours of **Elizabeth Park** in Hartford, and a special tea/herbal goodies/plant day at **Topmost Herb Farm**. If you have suggestions for possible future events, please contact Shirley Hales at halessr@aol.com.

The members of the Board are looking into getting together all past issues of *The Connecticut Thymes* and archiving them on the website. They are also working on a survey to determine member interests to be distributed at the Annual Meeting in November.





Cooking with ...



... Lynn Murdock

UNPROCESSED COARSE BRAN MUFFINS

- 1 cup boiling water
- 1 cup unprocessed coarse wheat bran
- 1/4 cup honey
- 1/4 cup oil
- 2 large eggs
- 1 1/2 cup whole wheat pastry flour
- 1 1/4 tsp. baking soda
- 1 cup sour milk, buttermilk or yogurt
- 1 cup raisins
- 1 cup nuts or seeds

Mix bran and water, let set for 10 min. Mix honey, oil & eggs. Add flour and soda alternately with milk. Stir in bran, raisins & nuts. Fill muffin tins 3/4 full. Bake 350 degrees for 25 min. Makes 18 muffins.

... Gale Pollen

I found this recipe in a *Pennysaver* in Columbia Crossroads, PA during my visit for a family reunion. It's a good (and yummy!) way to use some of Fall's bounty! Feel free to substitute less fatty or dairy free products.

GRANNY APPLE / CIDER CHICKEN

- 1/2 stick unsalted butter
- 1 large red onion, sliced thin
- 1/2 tsp thyme
- 1 medium Granny Smith apple, peeled, cored, thinly sliced
- 3/4 cup Apple Cider
- 2 whole chicken breasts, split, boned, skinned
- 1/4 cup unsifted all purpose flour
- 1/4 cup Half & Half
- 2 tsp chopped parsley
- Salt & pepper to taste

Melt 3 TBSP butter in 12" skillet. Add onion & thyme and sauté over medium-low heat for 12 minutes, until onion is soft and begins to turn brown; remove from skillet and keep warm. Add apple and cider to skillet; stir over medium heat for about 8 minutes, until apple is soft; remove from skillet, add to onion mixture and keep warm.

On waxed paper or in a bag, dredge chicken breasts in flour until coated.

In skillet, melt remaining TBSP of butter over medium heat. Cook chicken for 5-8 minutes on each side until no longer pink and nicely browned. Remove to platter and keep warm.

Add onion/apple mixture to skillet with salt, pepper, and Half & Half; slowly heat until hot.

Spoon over chicken & sprinkle with parsley.

Serves 4.



CHAI Board of Directors

Susan Coombs, herbalheaven@sbcglobal.net

Shirley Hales, halessr@aol.com

Michele Maclure, michelemaclure@hotmail.com

Lynn Murdock, herbalady@sbcglobal.net

Liz Santamaria, lsmaria@snet.net

CHAI Committees

HerbFest

Marylou Amenta, maui5298@sbcglobal.net

Pat Lavery at galavery@snet.net

Membership

Gale Pollen, cadpine@yahoo.com

Website / e-newsletter

Sandy Gallup, sandychai@earthlink.net

Lynn Murdock, herbalady@t-sbcglobal.net

Gale Pollen, cadpine@yahoo.com

CJ Wong, cjwong8@hotmail.com

Retreat

Eva Maynard, 860.553.6180, Stellaria5@gmail.com

Terri Cusson, 860.214.2069

Please contact any of the above CHAI members with your questions, concerns, ideas & inspirations!

Please contact Gale (cadpine@yahoo.com) if you have any changes in address or email address!



Upcoming Classes



Forest Spirit Healing, LLC

To register contact Richard DeJohn,
860-568-6373

9 am to 5 pm at Forest Spirit Healing in East
Hartford, CT.

October 28th – **Reiki 1 class** - \$120
CHAI member discount \$115

November 18th – **Reiki 1 class** - \$120
CHAI member discount \$115

Topmost Herb Farm

phone: 860 742-8239
email: carole@topmostherbfarm.com

Baking Apple Pie the 18th Century Way

As the fireplace in the keeping room heats the bake oven, we'll roll out the crust, peel the apples and construct our pies. As they bake we'll make a batch of applesauce and talk of the old times, apples and cider. We'll enjoy a slice of warm pie together and there will be some for you to take home.

Workshops will take place in the Topmost keeping room on October 28 and November 4. Cost is \$25. A \$10 non refundable deposit and pre-registration is required. Workshops begin at 1:00 pm and last approximately 2 hours. Please include your name, address and phone number and preferred date when registering.

South River Herbals

phone: (860)742-1258
email: info@southriverherbals.com

Herbs

Herbs for Winter Health – Friday, October 20,
6:30 pm,

Learn what herbs and foods can help keep your family healthy through the coming winter months. Samples, recipes, and lots of information to take home. \$25.

Cooking

Cooking with Herbs and Corn – Friday, October
13, 6:30 pm

Join Michele Maclure for the second in our cooking series to learn how to combine the comforting subtle sweetness of corn with the endless possibilities of herbs. Bring an appetite – samples and recipes provided. \$25

Cooking with Herbs and Cranberries – Friday,
November 3, 6:30 pm,

The health benefits of cranberries are just starting to be discovered. Michele teaches us how to combine this vitamin C powerhouse with herbs for many different healthy and delicious recipes. More samples and recipes! \$25

Cooking with Pumpkin and Herbs – Friday,
November 17, 6:30 pm,

The fourth in our series – just in time for the holidays. Pumpkin is loaded with beta carotene and other nutrients – find out how to combine with a variety of herbs for knock-out family favorite recipes! \$25

Healthy Winter Comfort Foods – Friday
December 8, 6:30 pm,

The last in our cold weather cooking series with Michele. Learn about and taste foods and herbs that will keep your family healthy and happy through the long dark winter. \$25.

South River Herbals, continued

Making Products

Soap Making – Saturday, October 28, 6:30 pm

Also offered on Saturday, November 18, 6:30 pm and Saturday December 2, 6:30 pm, Soap Making (Last chance to have it ready for the holidays!)

Take the mystery out of making luscious, creamy hand made soaps. We will review safe soap making procedures, the basic chemistry of cold process soap making, and then You will make and take home over a pound of cold-process soap in this hands- on class. Class sizes are small to insure personalized attention. All materials and resources provided. All participants receive a discount on all soap making supplies purchased on the day of class, as well as a Frequent Soaper Card for future savings. With Sarah and Eva \$60.

Spa Products – Saturday, November 4, 6:30 pm

Make a variety of luscious spa type products and learn about the various ingredients commonly used. We will make a number of products in class for you to take home including luxurious body butter, an invigorating body polish, spa mud and scalp massage or massage oil. \$35

Lotions and Creams Workshop – Friday, November 10, 6:30 pm,

Learn various recipes, ingredients, and techniques for making luscious creams and lotions. Take home the creams and lotions you create in this hands-on class, as well as recipes, ideas and resources. \$35

Fun Stuff to Make with Your Daughter – Friday December 15, 6:30 pm

Learn how to make body glitter, solid perfume, a lip soother, and bath salts with fairy dust. A fun night out for girls 8+ and their favorite adult. \$40 (for 2)

Open House – Saturday & Sunday December 16 & 17, All Day

Join us for treats, discounts, music and fun as we celebrate the season with a party to show our appreciation for our customers! Free!



Remember – if you are a CHAI member and you have a website, you are encouraged to send it in to CJ Wong at cjwong8@hotmail.com for inclusion on the CHAI website. Classes and special events may also be listed on the website.



Welcome New Members



Chris Frank, Robin Henrie, Susan Heuberger, Nathaniel Petley, Darby Pollansky, and Anneliese Reilly.

!! Volunteers / Nominations !!

Volunteers and nominations are needed for the **HerbFest Committee** (2-3 people) and to replace Michele Maclure on the **Board of Directors**. Email Pam Quayle (HerbFest) or Sue Coombs (Board of Directors)



Classified Ads

Finished with quilting? Looking to get rid of that space-eating quilt frame (you know the kind, the ones you use when you – gasp! – Hand quilt that bulky projects? If so, please call Stella: 203-281-5412.