



The Connecticut Thymes

Summer 2007
www.ctherb.org

April 2007						
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
CALENDAR						

CHAI Calendar

See further details in the body of the Newsletter.

HerbFest

June 2, 2007

A day of celebration and education honoring the many gifts provided by herbs

9 am to 4 pm, rain or shine

Topmost Herb Farm, 244 North School Road,
Coventry CT 06238

\$10 Admission for those over 12 and under 70 –
all others free

Workshops and weedwalks, activities for
children, demonstrations.

Over 30 craft & herbal vendors, information
tables, bake sale, food vendors.

Information: www.topmostherbfarm.com

No pets, please

VOLUNTEERS NEEDED! Contact
alharford@aol.com

SUNDAY, JULY 22

Elizabeth Park Potluck Picnic and tour. 12- 3PM.
We shall enjoy a potluck picnic lunch together,
and then go tour the rose garden, annuals
garden, herb garden, and rock garden. For
directions go to

www.elizabethpark.org/directions.htm.

FRIDAY, AUGUST 3, 7 pm

Visit with Lupo Connell at her home in New Milford, CT. We'll bring dishes to share for dinner, and she will discuss some of her favorite medicinal plants with, us along with a few yummy recipes. Feel free to bring any of your favorite herb recipes and/or stories to share. RSVP to plantessence@aol.com, and Lupo will give you directions.

FRIDAY, AUGUST 10, 7 pm

Third CHAI Quarterly Meeting. Potluck Cookout at the home of Holly and Sue Coombs in Canterbury, CT. RSVP to herbalheaven@sbcglobal.net and Sue will give you directions.



New Directors Needed

This year there will be a big turnover in the composition of the CHAI Board of Directors. As you know, Liz Santamaria has resigned as Treasurer; in addition, Shirley Hales and Lynn Murdock have reached the end of their elected term and have decided not to continue. Finally, Sue Coombs, who is expecting twins, has decided that she will not be able to continue as President. The good news is that Gayle Nogas has agreed to take over as Treasurer, at least until the Annual Meeting.

As a result of this, each of you, as a member of CHAI, is asked to look over the following information to consider whether or not you might be willing to serve on the Board. If you are not able to, please consider whom among your co-members you would like to see serve and nominate him or her by the time of the next Quarterly Meeting, August 10, 2007. You may indicate your interest, or your nominations, by contacting Sue Coombs

Continued on Page 2

Directors Needed, continued

Board of Directors:

1. The Board of Directors of CHAI shall be elected for terms of two years. With the exception of The Treasurer whose term shall be four years.
2. Nominations for open Board positions will be accepted on the third council meeting of the calendar year.
3. The election shall be held at the annual meeting in November of each year. The term of Board Members will run from January 1st through December 31st of the following year.
4. The Board of Directors shall consist of 5 members.
5. Directors shall assume their office on January 1 of the following year.
6. The duties, roles & authority of the Board of Directors are defined in Enclosure (1).
7. Directors shall be removed from the Board if the Director receives a vote of "No confidence" totaling a majority vote of the Board.
8. The Board of Directors has the authority to fill any vacancy. Appointment to the board requires the support of 3 members.
9. Committee chairpersons are responsible to the Board.

Descriptions of the Responsibilities And Duties of the Board of Directors

President: The President is responsible to prepare the agenda and preside at meetings. The President will be responsible for overseeing all activities of the Connecticut Herb Association Inc. and ensuring all Board of Directors members have the resources available to them to accomplish their tasks.

The President has the authority to act in place of any member of the Board of Directors if that member is not available.

The President has the authority to suspend Board of Directors members pending review by the Board of Directors.

Vice President: The Vice President will act in place of the President when the President is unavailable.

The Vice President shall be responsible for reviewing and auditing the financial records annually and reporting to the Board of Directors the result of the review. A report of this review shall be presented to the President by November 1 each year. The Vice President shall submit a written report to the Board of Directors at the annual November meeting.

Secretary: The Secretary shall be responsible for issuing all correspondence of the Connecticut Herb Association Inc. except those of the President. The Secretary will be responsible for recording minutes (which will be presented at the next scheduled meeting for approval of the Board of Directors). The Secretary shall maintain a permanent file of all CHAI correspondence and minutes. The Secretary shall be responsible for maintaining the RECORD copy of CHAI rules and regulation.

Treasurer: The Treasurer shall be responsible for maintaining the Connecticut Herb Association Inc. financial accounts, collecting and depositing receipts and paying bills. The Treasurer is required to have available at all times a full and complete status of expenditures and account balances. The Treasurer shall provide a complete listing of bills and receipts to the Board of Directors quarterly, and President monthly.

Alternate: The Alternate shall be responsible for assisting the Board as needed.



Members in the News!

Gayle Nogas and Terri Cusson were interviewed by Hena Daniels for WFSB News on May 3, 2007. The story was about the health benefits of rooibos tea. Gayle spoke generally about the tea's benefits, and Terri spoke about her own benefits from using the tea. To read the story, and to see the clip from the news, go to:
<http://www.wfsb.com/health/13253796/detail.html? taf=hart>





Materia Medica

ELDER

by
Lupo Connell

Scientific name: *Sambucus nigra* (European)
and *Sambucus canadensis* (American)

Botanical Family: Caprifoliaceae or
Honeysuckle family

Common Names: Black Elder, European Elder

Parts used: Bark (inner), berries, leaves and
flowers

Sources: The Canadensis is found throughout
much of our area. *Sambucus Nigra* can be
found throughout the British Isles and
Europe.

Collection: The flowers are collected in spring
and early summer and dried quickly in the
shade. The bark and berries are best
collected in August and September when
berries are fully ripened.

Actions:

Bark

Purgative, emetic, diuretic

Leaves

Externally - emollient and vulnerary
Internally - purgative, expectorant, diuretic
and diaphoretic

Flowers

Diaphoretic, anti-catarrhal, anti-spasmodic

Berries

Diaphoretic, diuretic, laxative

Overview: Elderflower syrup is used widely
throughout Europe as a formula for colds, flu's
and upper respiratory tract infection. The flowers
are approved in Germany for use in treating
colds, as they reduce fever and increase
bronchial secretions. The syrup made from the
ripe berries is often found in the U.S. as a cold
remedy. Both parts of the plant have proven to
have immune supporting properties and combine
well with Echinacea. The flowers and the berries
both act as diaphoretics working to lower fever.
The flowers have been used to treat allergies,

hay fever and chronic congestion. By
promoting sweating and urination the elder
flowers aid in removal of waste products and
can be of value in arthritic conditions. Rich in
vitamin C elderberries have also been used for
rheumatism. As a mild laxative they can help
with constipation.

Research: In Israeli research published in 1995,
people who developed influenza were given
either elderberry extract or a placebo. 90% of
the patients taking the extract recovered in 2-3
days, while 90% of the placebo group took up to
six days to recover.

Constituents:

Flowers - Flavonoids, Phenolic acids,
Triterpenes, Sterols, volatile oil, mucilage
and tannins

Leaves - Cyanogenic glycosides

Berries - Flavonoids, Anthocyanins and
Vitamins A and C

Bark - Phytohaemagglutinins.

Contraindications and Cautions: The seeds can
be irritating to the gastrointestinal tract. The
unripe fruit, leaves, root, and bark can cause
nausea, vomiting, diarrhea, dizziness and
convulsions (cyanide poisoning). Fruits edible
when cooked. Flowers are not thought to be
toxic; they are often prepared as fritters.

Dosages: Flowers can be made as an infusion or
tincture, standard dose. Berries do well as a
decoction or syrup, standard dose. The aged
inner bark can be made as a decoction,
potentially toxic, low dose. The leaves can be
poulticed and used to treat bruises and cuts to
stop bleeding.

Energetics: Flowers are acrid, bitter and cool.

Meridians/Organs affected: Flowers, lungs and
liver.



Box Elder tree near
south Custer Road, near
Luddington, MI

<http://travel.webshots.com/photo/1180781459014759874wcuLgb>



Herbfest Volunteers Needed:

Topmost Farm
Saturday, June 2nd, rain or shine
9 am – 4 pm

Wanted: Baked goods for the CHAI Bake Sale Tent. Please help support a great event! We'll be calling soon to ask for your donation. When you hear from Lori or Sabre, please be as helpful as you can.

HerbFest committee is looking for volunteers: We need help with set-up (Friday night), registration, parking, food booth, membership and breakdown. If you are interested in helping please contact Ann Harford at alharford@aol.com or call her at 860-872-0406.

Gale Pollen needs a few people to help her with the membership table. She'll be there most of the day, but she could use a few people to help out for an hour or two each. The main work of the membership table is (obviously) to take new memberships and renewals, and to sell the new CHAI tee-shirts. If you're interested in signing up for an hour or two, please contact her at cadpine@yahoo.com.



There is no kind of herb, but somebody or other says that it is good. I am very glad to hear it. It reminds me of the first chapter of Genesis. But how should they know that it is good? That is the mystery to me. I am always agreeably disappointed; it is incredible that they should have found it out.

Henry David Thoreau (1817–1862), U.S. philosopher, author, naturalist. "A Week on the Concord and Merrimack Rivers (1849)", in *The Writings of Henry David Thoreau*, vol. 1, p. 272, Houghton Mifflin (1906).

CHAI Quarterly Meeting 5/11/07

The Meeting was held at Pacific Buffet & Grill in Wallingford, CT. The following people were present: Judy Ames, Holly Coombs, Sue Coombs, Gayle Nogas, Gale Pollen, Steve Tobin

The Minutes of last meeting were not available.

As there is currently no Treasurer, there was no formal report, as President is holding treasurer things until someone can take over. Sue Coombs is writing checks so that events such as HerbFest can still occur, but IS NOT acting as treasurer. Balance in the checkbook \$3,186.02, which includes scholarship funds and all other things. State of CT put CHAI in the wrong category and were demanding more taxes. President contacted Liz who contacted the attorney that did the paperwork to take care of that. As a result, we will most likely have a small bill from him to correct that. Probably about \$50. Deb Pouech will be setting up a PayPal account so that CHAI can sell T-shirts online \$12 for short sleeve \$14 for long sleeve. We shall also be able to give the option of people purchasing membership online.

HerbFest update: 37 vendors, 5 on a waiting list. HerbFest Committee is still having trouble finding volunteers. HerbFest: Asked to please send out another Volunteer reminder.

Membership: 62

E-forum: Just over 100. There was mention that there have been lots of spammers recently.

Archive Newsletters: Pam Quayle should be scanning the last of the newsletters she has and passing them on to Deb Pouech (webmistress) for upload. Gayle Nogas also offered to scan up any others not already present so that we can hopefully have a complete archive available online in one spot.

Positions available: Treasurer: Gayle Nogas volunteered to take on the Treasurer position until November. Other Positions opening as of November: Vice President, Alternate position, President: See online description of position. All of these will need to be nominated and voted at the annual meeting.

Quarterly Meeting, continued

Positions Available, continued

Also, Retreat Committee is in need of people. Gayle Nogas has volunteered to head the committee again. She was going to check with Terri Cusson if she still wanted to do Retreat. Eva Maynard has stepped down.

Events

2007:

- May 19 Pequot cancelled due to lack of response.
- June 2 Herbfest
- July 22 Elizabeth Park
- August 3 Lupo hosting talk in New Milford
- August 10 CHAI Quarterly meeting/ BarBQue social at Sue Coombs house in Canterbury CT.
- September 9 Taste Organic
- October Wildcrafting at Frostfire farm
- November 1 Annual meeting

2008:

David Winston: Marlene McKenzie will look into co-sponsorship with Quinnipiac.

Other notes on events: There was discussion that for future events will require an RSVP; if not enough interest is generated then the event will be cancelled due to lack of interest.

New Business:

There was discussion of a survey being set up to find out what the present membership is wanting for events for the following year.

There was a request that we go back to monthly meetings as social things all in the middle of the state. No one offered to head that up.

There was a suggestion that the CHAI could be made into car decals. Gayle Nogas will look into this.

There was also a request that the CHAI Treasurer order duplicate-check checkbooks in the future.

Future possible meeting site could be Lucy Robbins Welles Library as possible free meeting place. There are two rooms, one seating up to 16 and the other seating up to 60.

www.newington.lib.ct.us.

Adjourned. Submitted by Sue Coombs.



Poetry Corner



“Song of Myself, Part 21”

I am the poet of the Body and I am the poet of the Soul,
The pleasures of heaven are with me and the pains of hell are with me,
The first I graft and increase upon myself,
the latter I translate into new tongue.

I am the poet of the woman the same as the man,
And I say it is as great to be a woman as to be a man,
And I say there is nothing greater than the mother of men.

I chant the chant of dilation or pride,
We have had ducking and deprecating about enough,
I show that size is only development.

Have you outstript the rest? are you the President?
It is a trifle, they will more than arrive there every one, and still pass on.

I am he that walks with the tender and growing night,
I call to the earth and sea half-held by the night.

Press close bare-bosom'd night—press close magnetic nourishing night!
Night of south winds—night of the large few stars!
Still nodding night—mad naked summer night.

Smile O voluptuous cool-breath'd earth!
Earth of the slumbering and liquid trees!
Earth of departed sunset—earth of the mountains misty-topt!

Earth of the vitreous pour of the full moon just tinged with blue!

Earth of shine and dark mottling the tide of the river!

Earth of the limpid gray of clouds brighter and clearer for my sake!

Far-swooping elbow'd earth—rich apple-blossom'd earth!

Smile, for your lover comes.

Prodigal, you have given me love—therefore I to you give love!

O unspeakable passionate love.

Walt Whitman, *Leaves of Grass*



Cooking with ...



... "Stella Maris" - <http://www.geocities.com/Athens/Parthenon/7039/AshlinCH.html>

Soft Mead

Ingredients:

- ✿ 1 quart water, preferably spring water
- ✿ 1 cup honey
- ✿ 1 sliced lemon
- ✿ 1/2 tsp. nutmeg

Boil together all ingredients in a non-metallic pot. While boiling, scrape off the rising "scum" with a wooden spoon. When no more rises add the following:

- ✿ pinch salt
- ✿ juice of 1/2 lemon

Strain and cool.

Solstice Herb Bread

Ingredients:

- ✿ 3 C. flour
- ✿ 1 tbsp. sugar
- ✿ 1 tsp. salt
- ✿ 1 pkg. dry active yeast
- ✿ 2 tbsp. chopped fresh chives
- ✿ 2 tsp. chopped fresh rosemary
- ✿ 1 tsp. fresh thyme
- ✿ 1 1/4 C. hot water
- ✿ 2 tbsp. Crisco

Mix 2 cups of the flour, sugar, salt and yeast in a large bowl. Add herbs, water, and Crisco. Beat slowly, stirring in remaining cup of flour until smooth. Scrape batter from sides of bowl and let rise in a warm place for 35 minutes or until it doubles in bulk. Punch down and beat with a spoon for about 15 seconds. Place dough in a greased loaf pan, patting down and forming a loaf shape with your hands. Cover and let rise again for about 30 minutes or until it again doubles in bulk. Bake at 375 for 40-45 minutes. Brush top with butter or margarine and remove from pan to cool.

Cold Tomato Soup

Ingredients:

- ✿ 2 large tomatoes, peeled, seeded, and chopped
- ✿ 1 sweet pepper, seeded and chopped
- ✿ 1 clove garlic, peeled and chopped
- ✿ 3/4 C. Herb blend, basil, chives, tarragon, parsley, dill, chervil, thyme
- ✿ 1/2 C. olive oil
- ✿ 3 tbsp. lemon juice
- ✿ 3 C. cold water
- ✿ 1 sweet Spanish onion, peeled and sliced
- ✿ 1 C. cucumber, peeled, seeded, and sliced
- ✿ 1/2 tsp. paprika

Put chopped tomatoes, pepper, garlic and herbs in a bowl. Stir in olive oil, lemon juice, and cold water. Add onion, cucumber, and paprika. Chill in refrigerator for about 5 hours. Serve over ice cubes in bowls and garnish with fresh parsley or watercress.

...Holly Ruggiero - <http://www.web-holidays.com/midsummer/recipes/m1.htm>

Honey Chicken

- ✿ 3 pounds chicken, cut up
- ✿ 1 cup honey
- ✿ 1/2 cup butter
- ✿ 1/4 cup lemon juice
- ✿ 1 teaspoon salt

In saucepan, mix honey and butter and heat until bubbly. Remove from heat and stir in lemon juice and salt. Baste chicken with mixture.

Bake at 325F for 1-1/2 - 2 hours, grill or cook in crockpot, adjusting the cooking time as needed. Baste with sauce about every half hour.

... Gale Pollen

Sunshine Fruit Salad

This is an extremely simple dessert – and can be adjusted to any number of people!

- ✿ Bananas
- ✿ Oranges
- ✿ Honey (wild flower is especially good)

Peel fruit and cut into small chunks. Drizzle with honey and store, covered, in the refrigerator until ready to serve. Toss well before serving.



Upcoming Classes



Lupo Connell, Community Herbalist

Saturday, June 9, 1-2:30 pm. Native Uses of Northeastern Botanicals

Join Lupo for an informative and entertaining walk along the IAIS nature trails. Lupo will identify many of the herbs, plants and trees that grow on the Institute grounds as she discusses the multiple ways Native Americans used these plants for medicinal, edible and spiritual purposes.

The Institute for American Indian Studies, Washington, CT

Fee: \$12 non members, \$10 members

Mondays, June 11, 18 & 25 from 7-9 PM: Herbs for Women

During this three part class we will look at all aspects of women's health from first menses to post menopause. Whether you are a teenage girl, a pregnant mama or a post menopausal women, this class is intended to benefit all, including practitioners and lay person's. We will discuss how to naturally approach symptoms such as menstrual cramps and mood swings, pregnancy related nausea and edema and the various symptoms of menopause including hot flashes and night sweats. Many traditional herbal remedies will be discussed including there efficacy, safety and proper dosages. Holistic nutrition and lifestyle choices will also be included. This class will offer a simple, natural and an overall nourishing approach to feminine health care.

The Litchfield Community Center

Fee: \$55 for all three classes



CHAI Board of Directors

LUPO CONNELL, plantessence@aol.com, Sec.
SUSAN COOMBS, herbalheaven@sbcglobal.net, Pres.
SHIRLEY HALES, shirleyhales@sbcglobal.net
LYNN MURDOCK, herbalady@sbcglobal.net
GAYLE NOGAS, sagewand1@aol.com, Treas.

CHAI Committees

HerbFest

PAT LAVERY, galavery@snet.net

Membership

Gale Pollen, cadpine@yahoo.com

E-newsletter

SANDY GALLUP, sandychai@earthlink.net
LYNN MURDOCK, herbalady@sbcglobal.net
GALE POLLEN, cadpine@yahoo.com
CJ WONG, cjwong8@hotmail.com

Website

DEB POUÉCH, deb@herbsnhoney.com

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!



The Garden Nettle. As liquid compost, nettles make a great fertilizer. Gather in spring and pack the plants into a bucket with a lid, adding one-half gallon of water to each pound of nettles. Let sit for 2-3 weeks, stirring occasionally. Strain out the nettles and put them on the compost heap. Use the liquid as a fertilizer (1 cup nettle liquid to 10 cups water), on container and garden plants. In a stronger mixture (1 cup to 5 cups water), you can use it to spray aphids and black fly. The nettle itself is a food plant for butterflies.

Susan Wittig Albert, "All About Thyme"

Stinging Nettle

http://encarta.msn.com/mEDIA_461517224/Stinging_Nettle.html



Please see the
Following Page
for an
**IMPORTANT
MEMBERSHIP
QUESTION-
NAIRE**

Connecticut Herb Association Questionnaire



Dear CHAI Members,

We are writing to ask for your advice about scheduling activities. Some of the events we've scheduled for this year have been fairly well-attended and enjoyed, but others have not garnered much interest. In an attempt to discover what it is that you, the members, want us to do, we have prepared this questionnaire. Please complete it and return it to us by August 1, 2007, so that we can better serve the entire group.

Thank you,

CHAI Board of Directors

Name: _____

Telephone: _____ Email: _____

INTERESTS (please check all that apply):

I am interested in programs on

- Cosmetic Uses of Herbs
- Culinary Uses of Herbs
- Medicinal Herbs
- Practical Issues Regarding Herbs
 - Identification
 - Growing
 - Preparing: Drying/tincturing
- Practitioner Issues
 - Please list names of some practitioners you would like to hear:

SCHEDULING (please check all that apply):

I am interested in having events scheduled

- Monthly
- Bi-monthly
- Quarterly
 - Monday evening
 - Tuesday evening
 - Wednesday evening
 - Thursday evening
 - Friday evening

SCHEDULING, continued

- Saturday morning
- Saturday afternoon
- Saturday evening

- Sunday morning
- Sunday afternoon
- Sunday evening

LOCATION (please check all that apply).

I am interested in events meeting in the following locations:

- Newington (center of the state)
- Northeastern corner
- Southeastern corner

- North Central
- South Central

- Northwestern corner
- Southwestern corner

PRESENTING:

Would you be interested in making a presentation to the membership? If so, please indicate below a possible topic, length of the program, time frame (in 2008), and preferred location.

Please email to Gale Pollen at cadpine@yahoo.com

Or send by US Mail to

Connecticut Herb Association, Inc.

P O Box 30149

Newington, CT 06131