

the Connecticut Thymes

CONNECTICUT HERB ASSOCIATION, INC.

JANUARY 2008

For the Love of Herbs

Happy New Year, everyone! This is your first CT Thymes of 2008, and we plan to publish quarterly and mail it to members. It will also be available for viewing on the CHAI website www.ctherb.org and it is password protected for members only. If you would rather access the newsletter from the web only, please email Pam Quayle: herbgatherer@hotmail.com. If you are unaware of the password, email Sandy Gallup: sgallup@earthlink.net. Our eGroup continues as an online forum for discussion and a place for members to advertise classes, post information and check the calendar of events. If you have not already taken advantage of this free opportunity, you may sign up at <http://health.groups.yahoo.com/group/CHA/> then click on Join This Group.

In the absence of a current president, members have agreed to temporarily share the duties of facilitating the meetings on a rotating basis while awaiting the offer of a member to serve as president. Those who have agreed to to fill positions on committees and the Executive Council are already hard at work formulating plans for the coming year, and we are grateful to all of them.

Several meetings, each with an herbal theme, were suggested at the annual meeting; they are now scheduled for the first Thursday of each month at the Newington Public Library. The room has been reserved for 6:15, to allow time for tea and visiting, and we have discovered that we must vacate the premises promptly at 9. Exciting ideas have been discussed for our gatherings; weedwalks in 3 different areas of the state, wildcrafting and hands-on medicine making, special workshop presentations by our members. and securing well-known speakers. Our officers and program committee welcome ideas and offers to present workshops. Our membership has a rich blend of talents to share. and we need the help of everyone to make CHAI a vibrant presence.

Materia Medica From Our January Meeting...Glorious Ginger

-Pam Brundage

Latin: *Zingiber officinale* **Etymology:** *Zingiber* from Chinese "horn root." *officinale* literally means "of the shops" referring to medicinally active plants found in apothecary shops.

Origins: Ginger is originally from Southeast Asia. It has been used as a spice and medicine for thousands of years. One of the earliest records of its use is in Chinese texts written by Confucius around 500 BC. It is still very important today in Traditional Chinese Medicine (TCM), and is an ingredient in about half of the Chinese prescriptions and patent medicines.

It is also a very important component of Ayurvedic medicine, which originated in India. It appears in Ayurvedic texts dating from 400 BC. There are records of the Greeks importing it from the Far East in 300 BC. In the 1500's (AD) the Spanish began

cultivating ginger in Jamaica and developed a strain that is quite a bit stronger than its Asian counterpart. Most of the ginger available commercially today comes from Jamaica. In Asian markets the milder Chinese ginger can be purchased and is especially nice for making crystallized ginger.

Description: The ginger we see in the produce sections of our grocery stores is technically a rhizome, not a root. A rhizome is defined as an underground stem.

Cultivation in Connecticut: If you wish to grow ginger, choose a rhizome with lots of shoots projecting from it. Place in a large pot horizontally. It will send up reeds from each shoot, which can grow 3-5 feet tall. It is unable to withstand frost, but can be placed outdoors after danger of frost is past and brought in the fall. It prefers a humid environment and temperature around 75° F but can be grown in a normal house environment. If you are lucky, it can produce a greenish-white flower with purplish edges with a fragrance similar to gardenia! It is a perennial and while the reeds die back periodically, new ones will replace them. You can harvest chunks of the rhizome, leaving the rest to continue growing. There are other *Zingiber* species grown as ornamentals, which are not edible.

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Next Issue:

Focus On The Plants!

Send articles, class schedules thru June, special events, etc. to topmost@worldnet.att.net in Word, pdf or PageMaker format by April 1.

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Ginger Materia Medica *(continued from page 1)*

Ginger is NOT related to the Wild Ginger (*Asarum canadense*), which is native to North America, however they are similar in flavor and medicinal properties. In Asian markets one sometimes finds Galangal root. It tastes like mild ginger and can be used similarly, but is not true ginger.

MEDICINAL USES: Ginger is WARMING and DISPERSES FLUIDS

Digestive System: Ginger is probably best known for its ability to relieve nausea, particularly motion sickness. Many studies have been done to examine this effect, and it appears that ginger's action is on the digestive system rather than the vestibular system.

1 to 2 "00" sized capsules (200 mg.) of dried, powdered ginger taken 30 minutes prior to riding, sailing, flying, contradancing, etc. is usually sufficient to prevent nausea. 2-4 grams can be safely taken per day. Studies showed it to be even more effective than Dramamine and it doesn't have the side-effect of causing drowsiness! Ginger can be helpful in alleviating morning sickness. Herbalist Kathi Keville recommends 3-8 capsules before getting out of bed in the morning, followed by 3-5 capsules at the first hint of nausea throughout the day.

CAUTION: Dried ginger can be irritating to the esophagus and should be encapsulated or taken diluted in tea or food. Do not take it straight as a powder.

Circulatory System: Ginger is warming and stimulating to the circulation. In TCM it is recommended for people who are, pale, low energy, and have a tendency toward feeling chilled with cold hands and feet. (It would not be recommended for long-term use in a fiery, energetic person with a florid complexion who complains of being hot all the time) Ginger also thins the blood and reduces the body's ability to form clots. It also reduces blood lipid levels.

Reproductive System: Ginger has the ability to bring on delayed menses when caused by poor circulation from overexertion, being chilled, etc. It works by stimulating the circulation,

NOT by causing uterine contractions, so is not used as an abortifacient. In fact it is considered safe during pregnancy and quite useful for morning sickness. It has also been helpful in some cases of impotence caused by circulatory insufficiency, again, by increasing circulation.

Respiratory System: In Traditional Chinese Medicine (TCM) Fresh ginger is used to treat colds and to promote sweating. Dried ginger is used for all kinds of respiratory disorders. Since most respiratory conditions benefit from increasing fluid intake, teas or other gingery beverages are a wonderful way to "make the medicine go down." Vaporizing steams with freshly sliced ginger, ginger tea or a drop or two of ginger essential oil added to the water loosen mucous in the lungs and soothe the nasal passages. Ginger Honey or syrup can soothe a cough or sore throat.


MISCELLANEOUS USES

Vermifuge: Ginger contains compounds that expel worms from the intestines. One study found it to be

because it can increase the absorption of some medications, causing too strong an effect from the drugs. It has particular potential with heart medications containing *cardiac glycosides*. This happens because ginger inhibits the liver from breaking down some substances and they continue to the intestines where they are more thoroughly absorbed into the system. (This can also be an advantage because less medication may be needed, however you should check with a pharmacist or healthcare practitioner familiar with drug-herb interactions before combining ginger with other medications.) Powdered ginger can be irritating to the esophagus so should be taken in capsules, not as a dry loose powder. Some people with **inflammatory digestive disorders** such as Crohn's Disease or Irritable Bowel Syndrome MAY have problems with ginger. Use with caution and in a small dose to start if you have inflammatory conditions and want to try ginger for some reason. Some people simply find it too strong for their digestive systems.

Choosing fresh ginger: A good ginger rhizome should have beige smooth skin that is plump, not wrinkled, and should be creamy to yellow inside. If you break off a shoot it should NOT have a blue-ish growth ring around its periphery. Wrap in a paper towel and place in a plastic bag in the refrigerator for up to ten days. Ginger tends to mold easily. Another way to make it last longer is to wrap it in a plastic bag and freeze it, grating an end as needed and returning the remainder to the freezer. It will keep its freshness for up to a year this way.

Keeping dried ginger: Dried ginger will remain strong for up to two years when kept away from heat, light, and moisture in a tightly sealed jar. Grate off as needed. Ground ginger will keep up to a year. Fresh ginger contains an oleoresin called gengerol, which converts to shogaol as it dries. This accounts for the rather amazing difference in taste between lemony fresh rhizome and the more pungent dry ginger.



Glorious Ginger Recipes ~and others~

may be found on pages 5 & 6

more effective than Piperazine citrate, a commonly prescribed drug.

CAUTIONS, CONTRAINDICATIONS
Ginger should NOT be used by people with bleeding disorders where the blood has an inability to clot. It should NEVER be taken by someone taking anti-clotting drugs such as Coumadin or Warfarin. Ginger should be used with *caution* by women who have **excessive menstrual bleeding during** their menstrual periods. It should be fine at other times of the month. Women experiencing **menopausal "flooding"** should also use with caution during that time. **People taking prescription and herbal medications should use ginger with caution**

My Name is Laura...and I Am a Chinese Herbalist

-Laura Mignosa, NCCH, Director CT Institute for Herbal Studies

For over 12 years, I have been asked just what IS it I do, and how did I get involved in this Healing practice? I can only say that once introduced to Chinese Herbs and the Chinese Medical Theory that makes up one branch of Chinese Medicine, I was hooked!

I originally learned my skill by interning with a famous Acupuncturist, Herbalist and Author, Arthur Shattuck. Later, I strengthened my knowledge by bringing many very well known Chinese Herbologists/Acupuncturists from across the country to teach at my school, the Ct Institute for Herbal Studies. I continued my training by studying in Beijing and Taiwan Hospitals to learn how the integration of Chinese Medicine and Western Medicine was used in the Motherland. Today, I am able to provide this opportunity for my students and others while enjoying the culture that IS China.

We have just returned from our 12th annual trip and it included travel to Beijing, Xi'an (home of the Terra Cotta Soldiers) and Lijiang, an 800 Year old town set at the base of the Himalayas. Its chief attraction, besides clear air and magnificent views of Jade Snow Mountain, is the fact that it is one of the last Matriarchal cities in the world. It is located in Yunnan Province where more than 50% of our herbs and tea in Chinese Medicine are grown and it was an exceptional experience for herbalist and adventurer alike. As each year passes, I find more and more reasons to return to this country. The People are kind and the doctors and friends we meet each year hold so much hope for a better world for all of us. Please see our website www.ctherbschool.com for information on our affordable and unbelievable tour in October 2008.

Traditional Chinese Medicine has been practiced for over 4000 years and uses a highly developed theoretical system which determines the appropriate application of herbs based on an individual's unique symptoms and not just on a named disease. In this way TCM treats the causes of disease and not just the disease itself.

Chinese Herbalists use groups of herbs to counter side effects. Most formulas consist of 4 herbs and are then modified based on the individual's need and body makeup. By utilizing the Eight Principle Theory (Yin/Yang, Cold/Hot, Interior/Exterior and Deficiency/Excess) as well as Tongue and Pulse diagnosis, a Chinese Herbologist is able to make suggestions of foods, herbs and life style changes while always maintaining that we must *First Do No Harm*.

One of the primary differences between Western and Chinese Herbology, is that Western Herbs are grown and harvested here while Chinese Herbs are grown and processed by tradition, in China and brought here to be used as medicine.

There is a movement to seek out these traditional methods of preparing the herbs and contain them in a book written by an esteemed Author on Chinese Medicine and an organic farmer in California, It is the first step towards bringing the farming and essence of Chinese Medicinal plants to the United States.

However, all raw herbs and concentrated Tea Tablets are hospital grade and tested for contaminants of all kinds. This is key to our success and the health of our patients along with a competent TCM diagnosis.

There is much to say on the subject of healing with Chinese Herbs and I trust you will seek education in this art and science or find an experienced practitioner to help you with your goal to walk gracefully into this life we lead.

Appointments for Care and Information on upcoming classes as well as our China Tour are available on the web at www.ctherbschool.com or by phone at 860-666-5064.

Laura is a Nationally Certified Chinese Herbologist who is both Western and China trained. She is the director of CIHS since 1992 and travels yearly to China for study and to expose her students to the culture and clinical training of Beijing Hospitals. She has worked closely with UConn Medical Center since 1996 using the effectiveness of Chinese herbs for menopausal symptoms and breast cancer. Laura was involved in a clinical study using Chinese herbs for hot flashes at UConn Medical Center. In addition to her work at the school, Laura is a national lecturer, designs Chinese Herbal formulas for pets and works as a consultant on Chinese Herbal Formulas. Her private practice is maintained at the school at 900 Wells Road (Rt 175) Wethersfield, CT 06109

See Laura's lovely China photos
on the CHAI website
www.ctherb.org



Pomegranate

Excerpt from the forthcoming book [Superfruits](#) © Alison Birks, MS, RH AHG

(*Punica granatum*) Punicaceae family (Synonyms: Grenada, Grenade)

Antioxidant, antibacterial, antidiarrheal, anti-cancer, anti-atherogenic, antifungal, dental health, estrogenic activity, wound healing, molluscicide, diabetes, antihelminthic, antiviral, CLA-source.

Many people are familiar with pomegranate juice as the main ingredient in Grenadine syrup. Currently gaining popularity in the food industry, the pomegranate fruit, an ancient symbol of fertility has been called “jewel of winter” and “king’s fruit”. *Punica granatum* has a long history of use both as a food and a medicine. This luxurious fruit of Middle Eastern origin figures prominently in both Western and Eastern mythology and symbolism.

The word pomegranate is derived from the French words “pom garnete”, literally “seeded apple” in reference to its scarlet red color and abundant jewel-like seeds. The pomegranate shrub is a beautiful plant that is often grown as an ornamental. It has bright orange bell-shaped flowers and handsome dark green foliage.

The edible part of the plant are the seeds, which are covered with sweet tasting, fleshy, juicy red arils. The seeds are separated by spongy white membranes and packed into compartments. *Punica granatum* is only one of two species in the genus *Punica*, the other being the wild ancestral species *Punica proto-punica*.

There are many varieties of pomegranates, which vary in flavor from tart to sweet. The seeds vary in color as well, ranging from pink to red. The largest grower of pomegranates in the United States is the California company POM Wonderful, which grows only the Wonderful variety. Wonderful pomegranates are very large, with many juicy sweet seeds inside. Pomegranates are available commercially from September through January only, and are used in festive holiday displays during the winter months.

Pomegranates are one of the world’s oldest known cultivated fruits. Most authorities consider pomegranates to be of Persian origin. Native to the region extending from Iran to Northern India, pomegranates were cultivated over the whole Mediterranean region and were brought to the San Joaquin Valley region of California by Spanish missionaries in 1769. Mentioned often in the bible, pomegranates decorated the skirt of the high priest and were engraved on the two pillars at the front of Solomon’s temple. The fruit is mentioned in the Song of Songs, the Qu’ran, in the Greek myth of Persephone & Demeter and in Egyptian mythology.

Pomegranate rind is known in Traditional Chinese Medicine as Pericarpium Punicae Granati or shi liu pi. It is used in doses of 3-9 grams in decoction for diarrhea, amebic dysentery, rectal prolapse, premature ejaculation, excess uterine bleeding, vaginal discharge, tapeworm and roundworm. Topically it is used for ringworm. The charred rind is also used as a styptic to stop bleeding. The root is used as a remedy for parasites in doses of 1.5 -9 grams. Energetically, this herb is thought to be an astringent with pronounced action on the kidneys, large intestines and stomach.

In Ayurveda, pomegranate is called dadima. It alleviates the three doshas Vata, Pitta and Kapha but may increase toxins or Ama. It is astringent, tonic, alterative, hemostatic, anthelmintic, refrigerant and stomachic. It has many of the same uses in Ayurvedic medicine as in TCM.

Pomegranate rind, root and stem bark were once listed as official medicines in the United States Pharmacopoeia under the name granatum. The Eclectic physicians at the turn of the century used granatum as a medicine for intermittent fevers and tapeworm. High in astringent tannins and alkaloids, the anthelmintic or worm-destroying action of this old herbal remedy was obtained by boiling the root bark. King’s Dispensatory gives the following recipe: “Boil two ounces of the root bark in two pints of water. Boil down to one pint, strain and give 2-4 oz every ½ to 1 hour. Repeat for 4-5 days.” The rind was also given in 20-40 grain dosage. Both parts have a harsh action when used in this way, causing purgation, diuresis, nausea and vomiting in large doses.

The ancient uses of pomegranate as a medicine have been substantiated by science. An extract of pomegranate seed was shown to be an effective antidiarrheal agent. An alcoholic extract of pomegranate rind has demonstrated moderate worm-killing activity against the *Ascaris lumbricoides* worm in vitro. In addition, pomegranate extracts showed anti-amoebic, antibacterial, molluscidal, antiviral and antifungal actions. In experimental studies, pomegranate was shown to be antiviral against human herpes simplex virus type I. A clinical trial of an herbal formula containing pomegranate was found to reduce the pain of herpes zoster (shingles). Extracts of pomegranate enhanced the activity of antibiotics against staphylococcus aureus and inhibited the growth of enterohemorrhagic E.coli bacteria in vitro.

Pomegranate peels, juice and seed oil contain an impressive array of anti-oxidants. High in phenolic compounds, a peel extract was found to reduce lipid peroxidation – a measure of oxidative damage to cell membranes—by 65%. Antioxidants in pomegranate fermented juice and cold pressed seed oil have greater antioxidant activity than red wine. These antioxidants are also anti-inflammatory. Pomegranate seed oil was found to inhibit the cyclooxygenase enzyme, while the fermented juice inhibited the lipooxygenase enzyme in vitro. In another study, pomegranate juice was found to have higher antioxidant activity than blueberry juice, cranberry juice, orange juice, red wine and green tea. The highest amounts of antioxidants are found in commercially processed pomegranate juice, which contains extracts of the rind.

Antioxidants in pomegranate have impressive healing capabilities. The methanolic extracts of pomegranate protect against injury to the gastric lining and may prove beneficial in the prevention and treatment of stomach ulcers. A 10% pomegranate peel extract in a water-based gel was found to enhance wound healing in rats. The phenolic compounds catechin and gallic acid were thought to be responsible for this effect’

Calendula

Calendula officinalis

-Lupo Connell, Community Herbalist

Also known as marigold, this beautiful bright sunny flower is often a favorite herb added to garden beds. It is the flowering heads of this sweet little plant that is often used in herbal medicine. If you wish to make medicine with this plant collect flowers heads just after they have fully opened in the morning after the dew has dried. Calendula flowers dry nicely and make a wonderful addition to herbal tea blends to be used throughout the winter.

Calendula is a favorite herb used for treating topical skin problems. It is a very safe and healing herb which can decrease inflammation, prevent and treat infection and heal wounds quickly. It is quite helpful for use on slow healing wounds as it speeds recovery. It can be used in a variety of first aid situations including external bleeding, wounds, bruising, strains and burns. You may use calendula topically on skin ulcers. It is a great herb to use in oils, salves, ointments and creams. It is quite effective when used a compress or poultice. The oil may also be used in combination with other

herbs such as garlic to treat ear infections. Because of its reputation as an anti-inflammatory and antiseptic herb it is certainly effective when used topically for eczema, and works particularly well on childhood eczema.

Internally calendula works well for inflammation of the digestive tract and may be used for ulcers. It is a cholagogue and can be useful for gall bladder problems and indigestion. Calendula can be used as an antifungal herb for the treatment of ring worm, athlete's foot and other fungal issues both internal and externally. This plant's orange flowers are helpful for woman with uncomfortable delayed menses as it acts as an emmenagogue, encouraging the blood to flow and helping to normalize the cycle.

The flower essence of calendula is a favorite of mine. It invites warmth into the heart to be expressed through spoken words. It is a great essence to be used by teachers, practitioners and other individuals who speak publicly. Calendula will add warmth to the voice and allow all of your words to be spoken with love.

Ginger Massage Oil

-Michele Maclure

- 1/2 cup light oil (canola, almond, sunflower)
- 1/4 tsp. vitamin E oil
- 1 tsp dry powdered ginger
- 1 tsp. dry thyme leaves
- 1 or 2 drops lavender essential oil
- 1 or 2 drops eucalyptus essential oil

Mix ingredients, pour into a clean bottle with a tight fitting lid, shake gently. Let mix sit for a few days. To use, shake again, pour a quarter-size amount into your clean hand. Massage onto body, paying extra attention to sore areas. Recipe can be doubled and strained into pretty jars for gift giving.

Ginger Cookies

-Michele Maclure

- 2-1/4 cups flour
- 2 tsp. powdered ginger
- 1 tsp. baking soda
- 3/4 tsp. ground cinnamon
- 1/2 tsp. ground cloves
- 1/8 tsp. salt
- 3/4 cup shortening
- 1 cup sugar
- 1 egg
- 1/4 cup molasses
- 2/3 cup granulated sugar

Stir together flour, ginger, baking soda, cinnamon, cloves and salt; set aside. Beat shortening at low speed for 30 seconds. Gradually add the 1 cup sugar. Beat in egg and molasses, then as much of the flour mixture as you can. Continue stirring in remaining flour with wooden spoon. Shape dough into 1 inch balls, roll in the 2/3 cup sugar, place an inch apart on cookie sheets. Bake at 350 for 12 minutes (no more, or they will be hard). 2-1/2 dozen.

LUPO CONNELL

Community Herbalist

Flower Essence Practitioner, Educator

860 799 0457 • plantessence@aol.com

www.luposbotanicals.com

Based in New Milford, CT Lupo offers consultations, classes and workshops including:

Mountain Roots, An Introduction to Herbalism

An eight week course focusing on plant walks, herbal medicine and community wellness. Tuesday evening topics covered include: Herbal First Aid and Kitchen Remedies, Easing Stress with Herbs, Immune and Digestive health, Holistic Nutrition, Herbal Healing for Woman, Men, Children, Elders and Pets! Each class will include a hands-on demonstration making herbal remedies. Participants will learn to create their own Herbal teas, Healing oils, Ointments and salves, Herbal tinctures, glycerites and vinegar's. Saturday classes include outdoor plant identification walks, making flower essences, summer skin care, herbal organic gardening and more. Begins May 6.

Trillium

A Flower Essence Practitioner Certification Course

Trillium runs over the course of six months. We meet during each growing season, spring, summer and fall for three weekend intensives. Our course offers over 100 hours of in-depth flower essence training with most of our time will be spent outside working directly with the abundant flowers and plants that cover the Litchfield Hills of Western Connecticut. Students will go on to spend an additional 30 hours working directly with clients, learning how to confidently use flower essence therapy in a professional setting.

March 28-30, July 27-29 & October 26-28

Herbs for the Immune System

-Marlene McKenzie

American Ginseng (*Panax quinquefolius*) Useful in treating adrenal deficiency, immune depletion, chronic stress with anxiety or depression, autoimmune diseases of the lungs or GI tract. Balances out immune response, increases energy levels, but can be over-stimulating to some.

Ashwaganda (*Withania somnifera*) Balances out the immune response, especially useful in autoimmune disorders of muscles and joints. Calming adaptogen used for anxiety, insomnia, nervous exhaustion and bad dreams.

Eleuthero-Siberian ginseng (*Eleutherococcus sinticosis*) Taken regularly, enhances the immune response, reduces cortisol and inflammation, improves physical performance and cognition. Successful in treating bone marrow suppression especially with chemotherapy.

Codonopsis (*Codonopsis pilosula*) Helps to regulate and strengthen immune system. Increases red and white blood cell counts. Useful for frequent colds and lung infections, not for acute situations.

Licorice (*Glycyrrhiza glabra*) Immunomodulator. Strengthens weak immune systems while reducing excessive overactive immune response. Used in patients with adrenal fatigue, allergies, ulcers and depleted cortisol levels. Stimulates interferon production. Not to be used in hypertensive individuals.

Astragalus (*Astragalus membranaceus*) By its immunomodulating polysaccharides it stimulates production of interferons. Increases levels of certain secretory antibody levels in nasal secretions and serum levels of others. Resistant to immunosuppressant drugs. Protects and restores bone marrow.

Echinacea (*Echinacea angustifolia*) Increases production of white blood cells, stimulates and increases their activities, increases complement system response, increases hyaluronic acid bonds. Acute situations.

Elder (*Sambucus nigra*) Specific for cold and flu viruses within 24-48 hours. Deactivates the enzymes needed by viruses to infect cells.

Turmeric (*Curcuma longa*) Increases white blood cells and macrophage activity. Interferes with replication of viruses, including hepatitis and HIV.

Cats Claw (*Uncaria tomentosa*) Helps macrophages work faster, increases interferon secretion by macrophages. Increases numbers of b-lymphs so more antibody is made. Increases T-lymphs, and NK cells so cancer abnormal cells are destroyed. Helps modulate the immune response.

Andrographis (*Andrographis paniculata*) Stimulates the production of antibodies and macrophages. Increases the nk cell's activity. Prevents HIV virus from infecting healthy cells, or halts its replication in already infected cells.

Olive Leaf (*Olea europaea*) Interferes with viral infection becoming established and/or spreading. Useful in HIV, herpes virus and influenza infections.

3F Soup

-Marlene McKenzie

Fast, fabulous and flavorful - it's everything a good soup should be. It infuses our bodies with the energies of the sun and earth of the past year. Wonderfully sweet and harmonizing to the body. It should take 50 minutes from start to finish. And you'll have extra for a no-prep lunch the next day.

2 tbsp. olive oil
1 large onion, chopped
2 cloves garlic, chopped
1 large carrot, sliced
2 cups winter squash, cubed (try organic Red Kuri)
6 shitake mushrooms, stems removed, sliced
4 cups vegetable stock
1 15-oz. can diced tomatoes
1 15-oz. can black beans
4 oz. brown rice spaghetti, broken into short lengths
4 cups savoy cabbage, thinly sliced
1 cup corn kernels
1 cup broccoli, chopped
Salt and pepper to taste

Heat oil in Dutch oven, add onions and garlic. Saute for 3 minutes, then add carrots and saute for another 3. Add squash, mushrooms, vegetable stock, tomatoes and beans. Simmer 15 minutes. Add remaining ingredients, stir well and simmer another 15.

Immune Chicken Soup

-Marlene McKenzie

3 quarts water
1 whole chicken
2 whole carrots
2 stalks celery
2 tbsp. vinegar
2 oz. astragalus root, chopped
2 oz. burdock root
2 oz. shitake mushrooms
2 oz. reishi or maitake mushrooms
sea salt, organic black pepper to taste
1 oz. ginger root, chopped
2 garlic cloves

Place chicken in water in stock pot or crock pot. Add vinegar. Let stand 30 minutes. Bring to a boil and remove scum that surfaces. Turn to simmer, cook for 6-8 hours. Remove chicken, cool and remove meat from bones. Place in pot with vegetables and herbs. You can use a garni bag for all the herbs except the mushrooms. Cook for 30 minutes. Add antioxidant herbs if you like (rosemary, thyme, oregano, basil, marjoram or sage) during the last 20 minutes. One tsp is fine for each. During the last 10 minutes of cooking on low heat, add chopped garlic. Remove garni bag and serve.

MY CHAI

-Rosemari Roast

MY LOVE

I Love CHAI. I really do. I realize this may sound corny, but I love this organization and I'll say it again (probably before the end of this article). From the moment I joined CHAI I began connecting with folks around the state who shared some aspect or another of my passion for the green world. At that point in my life I was *starving* for such connections. Some might say that CHAI nursed that hungry green part of me back to wellness and wholeness. Now, many years later, CHAI continues to nourish and sustain me. How could I not love such an organization?

MY EXPERIENCE

Over the years, my membership activity has waned and waxed from invisibly passive to unmistakably involved, and everything in-between. I've quietly volunteered behind the scenes as well as have been unmistakably visible. I've offered articles to the newsletter. I've showed up at meetings to simply witness and absorb. I've served on committees and councils. I've hung back and waited to be asked for support. I've also stepped-up to offer my experience, perspective and sweat. Through it all I've made some amazing friendships that will likely last lifetimes.

MY HOPE

Just in case I failed to mention this: I love this CHAI. To me, the annual dues that I pay every June are an investment. My membership dues are an investment in myself, in our shared herbal community *and* in the greater community, to whom we strive to reach, educate, enlighten and empower.

If you, kind reader, are a member, my hope is that you will ask yourself how you might contribute to the investment, the nourishment and joy that is CHAI. My hope is that you connect with someone and get involved in some aspect of CHAI. Whether you quietly write an article, submit a recipe or piece of poetry to the newsletter, or subtly volunteer behind the scenes, or boldly make your mark on, my hope is that you simply do it. Why? Because it increases my selfish chances of meeting another beautiful spirit with whom I might share the wonder and magic of the green world. Because it increases *your* chances of experiencing the best that CHAI is and can become—with your support.

If you, kind reader, are not a member, my hope is that you will join CHAI and allow yourself to be wrapped in the love that I have discovered and experienced over the years as a member of this great organization. Yeah. I love CHAI and if you don't already, I'm confident that you will. See you out there somewhere! Ashe.

*Herbalist, healer and priestess of the wild
Rosemari is dedicated to*

"returning home" the medicine of the people.

Learn more about her at

<http://walkinthewoods.byregion.net>

Be well by Nature!

"It is worth remembering that we are what we eat, but also what we breathe, what we think, what we say, what we see. So whilst most of what is said concerns our inner lives, the interaction with the environment we choose to live in is just as important." -David Hoffmann

HerbFest

-Pat Lavery

Were you there at Herbfest 2007? If your answer is yes, then you had a glorious day with us, learning about herbs and having fun too.

Herbfest is a day of great classes, weedwalks, good food and vendors with products you'll want to have. The weather was clear, sunny and warm at Topmost Herb Farm in Coventry. Vendors were spread out selling herbal products, soap, tea, plants and pillows. There were chair massages and informational booths from groups like Master Gardeners and NOFA. People participated in Tai Chi demonstrations and listened to Echo Uganda perform at lunchtime. Informative classes were held each hour along with weedwalks around the farm. It was a great time for everyone.

If you were there last year, you'll want to go again. If you missed it, you have another chance. This year Herbfest will be (as always) the first Saturday in June (June 7th). The grounds open at 9:00a.m. and the cost of admission for the whole day of classes, weedwalks, vendors and demonstrations is just \$10. If you don't have the money, volunteer two hours of your time and the admission fee is waived. You can't go wrong and there are no excuses. Put June 7th on your calendar right now and join us for HERBFEST 2008.

Meetings

March 6 - Discussion, Materia Medica on Nettles
6:15 at Newington Public Library

April 3 - Discuddion, Mateeria Medica on Violas
6:15 at Newington Public Library

April 22 - Earth Day Celebration and Plant Swap
7:00 at Gayle's Thyme Herbal Apothecary
316 Hazard Avenue, Enfield

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Sandy Gallup - sgallup@earthlink.net

Programs

Michele Maclure - michelemaclure@hotmail.com

Marlene McKenzie - goldenspirit133@sbcglobal.net





Connecticut Herb Association, Inc.
P O Box 310491
Newington, CT 06131



CHAI February Meeting

Meet at the Newington Public Library, 95 Cedar Street, Newington, CT. Enter the parking lot from Mill St, off Rt 175 (Cedar St) west of the library. Come at 6:15 for tea and socializing. Business meeting from 6:45 to 7:30, followed by discussion until 8:45. This month's topic is herbal aphrodisiacs - using herbs to enhance sensuality. Bring favorite recipes and/or samples, information, ideas, folklore and stories. Open to anyone interested in herbs.

What's on the Web?

From Pam Quayle

Now as the nights are long I find myself with a nice warm cup of chai or ginger tea exploring on the computer from time to time. Here are four wonderful herbal blogs that I find interesting and inspiring. Be sure to check out the monthly blog parties. And be careful if you start follow the links to their favorite blogs - you could find yourself happily exploring until the dandelions bloom!

<http://www.henriettesherbal.com/blog/>

<http://crabappleherbs.com/blog/>

<http://bearmedicineherbals.com/>

<http://desertmedicinewoman.blogspot.com/>

Other times when there is work to be done that doesn't take very much concentration I love to tune into this streamed radio program by herbalist Karyn Saunders

http://www.kpfa.org/1pro_bio/1b_herba.htm

From Cynthia Baker

In regard to herb/drug interactions, you can always go to the website of the drug manufacturer and see what the drug is - sometimes at the end of the huge volume of information there is a short list of what herbs will interact with it, or try

<http://www.drugdigest.org/DD/Interaction?ChooseDrugs/1,4109,,00.html>

From Carole Miller

Next issue will feature, among other things, a list of online herb seed sources, as well as sources for native plants. In the meantime, you might enjoy taking an armchair tour and check out plant lists and images. This is dreaming and planning time.

The UConn database is a wealth of information <http://www.hort.uconn.edu/plants/>

To find horticulture images by botanical or common name visit <http://www.armitageimages.net/index.cfm>

See a list of plants by state, endangered plants, invasives and much more at <http://www.plants.usda.gov>

While you are reading, you may enjoy visiting www.consciousct.org a new endeavor of our longtime member Jon Roe. With a focus on spirituality, metaphysics, holistic health and the environment, it originates in a community East of the River but serves a much wider range. His former publication, The Door Opener, considered a doorway to metaphysical and holistic health alternatives, is now published by Dory Dzinski and may be accessed at www.dooropenermagazine.com Both of these publications are allies of CHAI and are very supportive of HerbFest, for which we are grateful.