

the Connecticut Thymes

CONNECTICUT HERB ASSOCIATION, INC.

APRIL 2008

For The Love of The Plants

Happy Spring, everyone! Connecticut set a record in February with an overabundance of rain, but certainly the trees were appreciative. Now the redbud haze is visible at the edge of the woods, the skunk cabbage is sending up lovely maroon and green pointy shoots in the swamp, lilac buds are getting fat, mornings are noisy with birdsong and soon the peepers will be singing. The miracle is happening once again, as the plants are making themselves known thru ground that was hard and cold just yesterday. Checking germination trays in the greenhouse last week, I was delighted to find the basil sprouting, and from the potting bench where she was planting tomato seeds came Kim's voice; "It never gets old, does it?" Gratitude flows easily at this time of year.

Are you tending a garden, or anxious to establish a new one? Have you attended one or more of the many conferences that seem to abound at winter's end? Are you wondering how to get started in organic gardening and grow your own medicine or perhaps a few vegetables and flowers? And which ones to plant? Some informative books to use as guides are "*The Well-Tended Perennial Garden*" by Tracy DiSabato-Aust, and all of Bill Cullina's books, including "*Native Trees, Shrubs and Vines,*" and "*Wildflowers.*" NOFA publishes many books on organic techniques, including "*The Real Dirt*" and Rodale's "*Encyclopedia of Organic Gardening*" is one of their many fine publications. For wildcrafting advice and wild plant identification there's nothing better than a weedwalk, and certainly the upcoming walks offered by CHAI will not only be fun, but an opportunity to expand our knowledge of the plant world and share our passion with others (see page 5). This is an exciting and busy time of the year, but after all, that's why we rested and stored up our energy all winter, isn't it?

Earth Day Open House and Plant Swap

Tuesday, April 22, 2008 • 6:00 pm to 9:00 pm

Gayle's Thyme Herbal Apothecary, 316 Hazard Avenue, Enfield, CT
860-763-5206 • sagewand1@aol.com

"Earth Day Network is a driving force steering environmental awareness around the world. Through Earth Day Network, activists connect, interact, and have an impact on their communities, and create positive change in local, national, and global policies. EDN's international network reaches over 17,000 organizations in 174 countries, while the domestic program engages 5,000 groups and over 25,000 educators coordinating millions of community development and environmental protection activities throughout the year. Earth Day is the only event celebrated simultaneously around the globe by people of all backgrounds, faiths and nationalities. More than a half billion people participate in our campaigns every year.

Our mission is to grow and diversify the environmental movement worldwide, and to mobilize it as the most effective vehicle for promoting a healthy, sustainable planet. We pursue our mission through education, politics, events, and consumer activism. We must all fight for a clean environment to build a clean, healthy, diverse world for generations to come." www.earthday.net

As part of our effort to honor Mother Earth and celebrate Earth Day bring plants, cuttings, seedlings or seeds to share and take home some for your own garden. Gayle's Thyme will also have plants available for purchase. Join us for an informative evening of tea and conversation. -Gail Nogas

Earthstock 2008

April 20 from 10am to 4pm, sponsored by the Plainville Conservation Commission at Norton Park, North Washington Street in Plainville. This event features eco-minded vendors and exhibitors, live entertainment, demonstrations and events for children. Please visit www.earthstockplainville.com for more information.

In This Issue

Planting On The Edge
Where to Go, What to Buy?
Thoughts on Making Medicine
A Hidden Cache of Stinging Nettles
Boswellia and Acadia Herbs
Upcoming CHAI Programs
HerbFest 2008
Walk in the Woods
...and recipes here and there

Planting On The Edge

by Pamela Quayle

Many of us have too much mown grass. Lawn is an ecological wasteland. Life is about diversity. If you have more lawn than the amount needed to provide an area to play you might think about the following ways to build an ecological community that will help keep your family, the land you care take, and the earth with all its life more healthy.

Plant native understory trees and shrubs. Pick trees and shrubs that give flowers for the pollinators and fruit or nuts for the birds and other wildlife. They can provide you with beauty in flowers, texture and color. Conifers provide winter appeal, wind break and bird protection. Many of these trees and shrubs have herbal benefits and within this area you can make perfect spots to plant the woodland native herbs, especially if it gets morning sun and has good drainage.

If the lawn you are replacing is large and sunny you can bring your tree planting down to the herbaceous layer with a meadow of native prairie type plants. Or perhaps you don't have enough space for the woody plants, but enough for a meadow. Once established these can be very low maintenance areas, mostly needing just to be cut back once a year in late winter. Many of these plants are hosts for butterflies both as larva and adults. They also provide food for many pollinators, beneficial insects and birds. Especially when planted with grasses they are very deer resistant.

If your existing edge is already a natural habitat this type of planting will protect and enhance its biological cycles. When forests edge lawns layering is often missing. Healthy natural forests are layered with a tall canopy of oak, maple, hickory, etc, an understory canopy of shrubs and trees such as dogwood, viburnum, redbud and herbaceous ground covers such as flowers, grasses, ferns.

Before you intervene, observe your site. It's important to understand its natural characteristics. If you choose plants that fit its character they will thrive. Is the soil sandy, loam or a mixture? Is it dry or wet? Seasonally wet and then dry? Is it compacted, eroded, exposed? How deep is it? How much organic matter does it contain? Take a soil test to determine what the chemical balance is. Is the exposure hot or cold? Windy or protected? What is the topography and compass orientation?

Look at communities of plants that grow naturally in your conditions. Choosing multiple species of plants that like the conditions you have will create good biodiversity. Native plants have evolved with other native life and provide the best community, but plants from other areas that imitate your natural area and are non-invasive can also work.

Think about diversity, pest resistance, complimentary growth habits, symbiotic relationships, attraction to a diversity of birds, butterflies, pollinators and beneficial insects. This diverse community creates an ecosystem in balance and, therefore, beauty and ease of care.

Imitate nature. Leaf litter recharges the soil. Seasonal variations and cycles allow some species to flourish and reproduce, as others wane and go dormant. Fallen logs and dead trees act as habitat for some species. Disturbed soil stimulates seed germination for new plants.

The observation and research into building natural diversity will bring you one step closer in your connection with nature. The ecosystem in balance that you create will give you further opportunity for observation. Enjoy!

Where to Go? What to Buy?

Plant sales abound these days...they occupy a large space at all those "big box" and discount stores. Instead, we should consider with gratitude the wonderful seed companies striving to protect genetic diversity, organizations trying to preserve native plants, and all those who promote organic methods and sound ecological practices. A very short list of these would include United Plant Savers, New England Wildflower Society (Garden in the Woods), NOFA's Accredited Organic Land Care program, Horizon Herbs, Woodland Essence, High Mowing Seeds, Johnny's Seeds and Fedco Seeds. These can all be found on the web, and are but a sampling of a growing community whose focus is our blessed plant kingdom. Botanical gardens and sanctuaries are often the repository for rare and endangered plants rapidly disappearing from the wild. Member Pamela Quayle will have many native plants for sale at HerbFest, so be certain to visit the Herb Gatherer's booth, and stop at the greenhouse at Topmost for both culinary and medicinal herb plants. The greenhouse at Topmost will open in May for sales on Thursdays, Fridays, and Saturdays.

Thoughts on Making Medicine

by Lynn Murdock

One of the most satisfying aspects of growing herbs to me is making herbal medicine. It is not only empowering, but very convenient when a health issue arises to reach for the herbal apothecary without having to leave the house.

I started out using the simpler's method which was fun. As I ventured into an herbal business, I learned a more sophisticated method using volumes, weights, ratios, logs, lot #, batch # etc. As it turned out, this way of making medicine did not feel right to me. It seemed to take away the joy, satisfaction and creativity that the simpler's method provided. I then heard Margi Flint speak about keeping mason jars and vodka in her car in the event that she happened upon an herb growing wild somewhere.

As my business had been put partially on hold because of a demanding job, I decided it was time to go back to the simpler's method. Now I will be more apt to tincture an herb when I see it looking magnificent because it can be done quickly and simply without it becoming a huge project. The way I figure it is that the old folk method worked in the past and it ties in with plans to simplify my life, so why not? Now, when I'm ready to make a tincture, this will be my method:

Chop the herb or not
Stuff it into the mason jar
Fill the jar with menstrum of choice (vodka, grain alcohol and water or brandy)
Label jar with common and Latin name of herb, parts of plant used, menstrum and date
Cap jar tightly
Shake each day for 6 weeks or so
Strain (I use a great inexpensive press called Torchietto Spremi from Kedco) www.herbpress.com
Store in brown bottles

Doesn't get much simpler than this. You end up with a superior tincture and a great feeling of connectedness with your herbs.

A Hidden Cache of Stinging Nettles

by Kat Conte

The fields near my home consist of hundreds of acres and have always been a favorite walking area for me. I wander through them before the corn is planted and after the harvest. The fields are surrounded by beautiful woods, stonewalls, and paths. I try to get into the fields as often as possible,

Every time I wander there, I discover something new. One year I discovered a hidden pond, surrounded by rushes and cattails. Another time I found close to an acre of milkweed. There are so many acres of fields that it seems like it will take forever to explore them all, but I do it one step at a time.

Last fall, after the corn was harvested I ventured out to another area I had not yet explored and hiked through the woods. There I found more hidden ponds, cattails and rushes. I emerged from the woods at different location from where I had entered and along the edge of the woods I found a motherlode of Stinging Nettles. There were Nettles as far as I could see. Beautiful, dark green, and dripping with seedpods. Immediately I thought of trying to find a way to protect this area. If only it were mine I could do that.

Alas there are hundreds of acres filled with herbs, trees, and wildlife that will soon be gone. The bulldozers have already begun to destroy the land. Within a few years, this magical area filled with healing herbs will become a cement jungle that is being called a "recreation" complex. This town already has many such facilities with plenty of room for everyone. One more concrete jungle, thousands of life giving plants destroyed...

Spring will be arriving in a few weeks. Soon I will hike out to this hidden nettle area and harvest what I need for herbal medicine, giving thanks to Mother Earth for the nourishing plants, and being grateful that I can harvest some while they are still here.

The loss of many medicinal plants is overwhelming. We must use caution when harvesting and replant as many as we can. Vote no to destroying our Mother Earth for the sake of "progress". Be grateful for the plants we now have. And,,have an attitude of gratitude.

Boswellia

by Nathaniel Petley

Boswellia seratta (*Burseraceae*) is found in the mountainous regions of central India and has a long history of use. Related species were commonly used for embalming and for its scent. Frankincense is still burned in Catholic churches. When the large branching tree is tapped a fragrant liquid exudes and is collected. Among the many constituents found in frankincense resin are boswellic acids, a type of triperpene known to be anti-inflammatory. Ayurvedic tradition uses boswellia for many conditions, particularly those with an inflammation connection (such as asthma and irritable bowel disease). New studies are being conducted to investigate boswellia's anti-inflammatory properties and potential treatment for arthritis.

Osteoarthritis is a degenerative joint condition that can affect any joint but is commonly seen in those that are weight-bearing such as the knees and hips. There is generally an increase in the breakdown of cartilage caused by inflammation (via the release of pro-inflammatory cytokines).

The boswellic acids found in frankincense reduce inflammation by inhibiting the synthesis of leukotrienes (leukotrienes are fatty acids that tend to be pro-inflammatory). Boswellic acids also reduce the formation of pro-inflammatory cytokines (greatly simplified, cytokines act as the communication system between tissue and the immune system). Conventional treatments for osteoarthritis generally include NSAIDs which are COX-2 (cyclo-oxygenase) inhibitors and by default COX-1 inhibitors. COX-1 enzymes are involved in vital physiological functions and are present in the cells that make up internal organ tissue, bones, skin and blood. NSAIDs work too well on reducing inflammation and the body needs some inflammation to function (it is involved in digestion, maintaining the stomach lining, and producing a regular heart beat). Lowering COX-1 enzymes too much increases the risk of side effects including gastrointestinal distress, cardiovascular disease, and potentially death. Because these risks are seen more with extended use, only short term use of NSAIDs is appropriate. On the other hand, boswellia is not a COX-2 inhibitor, does not interact with COX-1 enzymes, and, therefore, does not seem to present the same risks as NSAIDs while providing similar anti-inflammatory properties. Boswellia works lowering leukotriene levels further upstream from the COX-1 and COX-2 production and is able to reduce inflammation without stopping necessary inflammation.

Resins are poorly absorbed in the stomach, so it is best to take boswellia supplements with a high-fat meal in order to improve bioavailability. Ayurvedic practitioners suggest boiling the resin with milk. Common commercial forms of boswellia include tincture, tablet and capsule. Studies are generally performed using supplements that are standardized to 30-60% boswellic acids and effective doses are about 1000mg. It is always best to use the smallest effective dose. Herbs commonly used in combination with boswellia include ginger, turmeric, cayenne, willow, meadowsweet, and cat's claw. Other treatments may include glucosamine sulfate, green lipped muscle, chondroitin sulfate, MSM, and omega-3 fatty acids found in fish oil. Consult a physician to diagnose arthritis or for any potential drug interactions with boswellia.

Nate Petley holds a Master's degree in Plant Science and operates Acadia Herbals in Northampton, MA. He teaches classes on the safe use of herbs throughout New England. Visit his website at www.acadiaherbals.com Visit his shop at 2 Conz St., Suite 46, Northampton MA 01060. Nate will lecture on Men's Health at HerbFest 2008.

Acadia Herbals is now offering an extensive Introduction to Herbalism. Series 1 contains the building blocks needed to understand more advanced herbal usage and techniques, while Series 2 focuses on body systems and associated herbs as seen through the eyes of an herbalist. Taken together, Introduction to Herbalism is 22 classes filled with hands-on projects and lectures to build experience and confidence in working with herbs. Each class may be taken individually for the price listed. There is a discount for paying each series in advance.

Introduction to Herbalism Series 1 Monday Nights 6:00PM - 9:00 PM

Introduction to Herbalism Series 2 Monday Nights 6:00PM - 9:00PM.

April classes:

Blending and Making Teas \$30 April 7

Essential Oils and Aromatherapy \$50 April 14

Detoxification of Lymph, Liver, Lungs, Kidneys, Large Intestine \$50 April 21

Tonic Herbs for Overall Health \$30 April 28

Plant Walks 3 x \$30 (Times to be determined by season and weather)

Series 2 gives insight to the plants commonly used by herbalists. This series is broken down by system with focus on simple anatomy, major ailments and herbs and complimentary therapies will be discussed.

Nervous System \$50 May 5

Immune System \$50 May 12

Digestive System \$50 May 19

Cardiovascular System \$50 June 2

Musculoskeletal System \$50 June 9

Respiratory System \$50 June 16

Reproductive System \$50 June 23

Urinary System \$50 June 30

Upcoming CHAI Programs

Monthly Meeting Thursday, April 3

Newington Public Library, 95 Cedar Street (Rt. 175), Newington, CT
6:15 – 6:45 - Social - Have a cup of tea, socialize
6:45 – 7:30 - Meeting: Tending to business, planning for the year ahead
7:30 – 8:45 - Herb Discussion of Violas

Bring along your favorite recipes and samples to share, information, folklore and stories from the past, or just come to listen. Open to anyone interested in herbs.

Sunday, May 4 • 10:00 - 2:00 • First in our series of three Nature Walks • Bring a picnic lunch

Meet at Bulls Bridge in Kent. Local CHAI member, Alicia North, will guide us on a walk through this beautiful area. The calcareous ecosystem has an abundance of native plant diversity including many native herbals. After our walk we'll proceed just north of Bulls Bridge to the Kent Land Trust's Marble Valley Farm for a picnic by the Housatonic River. Alicia will share the local legend of the "Molly Fisher Rock". This tale involves a mysterious colonial healer who frequented the unusual Kent boulder which has inscriptions dating back over 200 years that have yet to be deciphered. If time permits we may even visit "Molly's Rock" which was preserved by the Kent Land Trust along with it's 70 acre tract of land that overlooks the Housatonic River Valley.

There is a lovely picture and description of Bulls Bridge at http://www.berkshirehiking.com/hikes/bulls_bridge.html

Bulls Bridge is just off Route 7 South of Kent's Center. There is a light at the intersection for Bulls Bridge which is on the west side of RT. 7 and Bulls Bridge Inn and the Bulls Bridge Country Store are on the east side of Rt 7. Meet Alicia in the parking area closest to the bridge on the west side of the river.

Pre-register with Pam Quayle herbgatherer@hotmail.com. Lets try to carpool since it is a long drive for some of us.

Sunday, May 18 • 12:00 • Tree Walk • Bring your lunch and a beverage

Ellen Evert Hopman, author of *Tree Medicine - Tree Magic, A Druid's Herbal For the Sacred Earth Year* will lead a tree walk at Elizabeth Park in West Hartford, CT. Meet at the Pond House in Elizabeth Park. A slide presentation on the spiritual and medicinal aspects of trees and a pot luck meal will follow at 1:30 at the Elmwood Community Center. The talk will end at about 3:30, with a half hour for us to clean up the room, which we must vacate by 4:00.

To Elizabeth Park: From I-91 south into CT, take 84W exit 32A towards Waterbury. Take exit 48 (Asylum St) and turn right onto Asylum St. Elizabeth Park will be about 1.9 miles on left. Once in park, turn 1st slight right, then 1st left onto Walbridge Rd.

From the Park go south on Walbridge Rd. toward Birch Rd. Turn right onto Farmington Ave. (0.3). Turn left onto S. Quaker Lane (0.6). Turn right onto Park Rd., then left onto S. Quaker Lane (1.6).

The parking is off of two roads from here and not off of New Britain Ave. Take last left onto Burgoyne St. then follow signs to center parking lot. Entrance to building is the circle where the flag pole stands.

Sunday, July 20 • 10:00 • Second in our series of three Nature Walks

Local CHAI member Pam Brundage will lead a weed walk at Trail Wood, once the home of Pulitzer prize-winning nature writer, Edwin Way Teale. Now under the care of CT Audubon, this 168-acre sanctuary has many different habitats and is a wonderful place to learn about plants. Pam Brundage lived next-door in the early 1980's and has stories to tell about the Teales as well as the plants that abound on the sanctuary. We will see a large witch hazel stand, large patches of wild ginger and mayapple as well as many other plants of field, forest, and wetland. More information in our next issue.

Saturday, September 27 • Third in our series of three Nature Walks

Local CHAI member Pam Quayle will lead us on a walk through the Bamforth Land Trust Preserve in Haddam. This preserve is being developed to enhance bird habitat. The field is planted with a variety of native grasses for nesting birds and along the forest edges invasive plants are being removed and native trees and shrubs encouraged or planted to increase biodiversity for bird habitat. Native plants with herbal uses abound in the variety of sunny grassland, forest edge and wetland areas. More information in our next issue.

Read the minutes of last month's meeting online at www.ctherb.org.
We enjoyed nettle tea, nettle recipes, and a great discussion of this much-loved herb.
Don't forget the April meeting on Thursday, April 3rd. The topic will be violets.

HerbFest 2008 - Will You Be There?

This is our day! A time when we celebrate together, renew old acquaintances, network, and make new friends. An excellent opportunity for those lecturing and vending to share their knowledge and explore new business opportunities. A chance for everyone to expand their knowledge of herbs and herbal medicine; a time for those new to herbal legend and lore to explore the magic of the plant world. A time for all of us to give back and nurture our organization so that we may grow and reach out to others through future programs and workshops. Check out the program at www.ctherb.org or www.topmostherbfarm.com and see the exciting day we have planned for everyone.

The HerbFest committee has been meeting all year to organize and plan, but on the day of the festival, they can't do it all, and this is the perfect time for all of us to work together in order to insure success and maintain the excellent reputation that HerbFest has enjoyed for so many years.

Here's how it works. Sometime late Thursday our Vendor Coordinators, with the new year's layout in hand, stake out the vendor area and mark each vendor's spot in the hopes that many of the vendors will arrive on Friday to set up—the less traffic on Saturday morning, the better.

Friday is delivery day. The porta potties (yes, there will be 2) are delivered, the tents arrive and are set up and we are left with a pile of chairs and tables. These need to be set up for dining, workshops, admission, membership, the noontime band, recycling and the kid's area. Signs need to be put up, and the parking as well as the pond need to be roped off—and also an area to the side of the parking, so we don't have “sneakers” who just walk in on the edge and don't pay. The EZ Up tents need to be set up for the bake sale, admissions and membership.

Activity begins in the wee hours of Saturday morning. Vendors arrive as early as 6am, since they are to be in place and ready for business by the opening hour of 9am. They need to be directed to their spots, and park their vehicles in the proper areas after setting up. There is much to do at the CHAI bake sale and drinks table. Coffee and tea need to be prepared, baked goods packaged for sale and the area set up for sales. The admission table needs to be staffed by 8:30. Tablecloths have to be put on all the dining, lecture, membership, bake sale and admission tables

During the day, volunteers are needed at the CHAI bake sale, parking, admissions, membership, and “running.” Running involves taking lunch orders and schlepping to vendors and parking volunteers. Many of the parking

volunteers are in the fields for the whole day. Our speaker coordinator can use extra hands to welcome the presenters, and check to see that workshops are begin and end on time.

At the end of the day, it happens in reverse. Roll up the tape and pull up the stakes, fold up the tables and chairs, stack the signs for next year, put out the trash, and take down the EZ Ups. At this point in time, most of the CHAI HerbFest committee members are pretty tired, and some are vendors, packing up their own wares.

We offer free admission for just 2 hours of volunteer time, and the chance for you to feel that you are an integral part of a great occasion. Please contact our Volunteer Coordinator and let her know how you can help:
Ann Harford • 860-872-0406 • alharford@aol.com

Don't forget that we also need baked goods and herbal teas for the CHAI table! Please contact one of our Bake Sale Coordinators to offer your donations:
Lori Marci • 860-742-7416
Sabre Duke • JD420@aol.com

We do not have an advertising budget, since advertising is so cost prohibitive. We have only our programs and posters and we are counting on everyone to help distribute them in high-profile areas. They will be available at all the CHAI events before June, or please make arrangements to pick up a supply and help with distribution.
Carole Miller • 860-742-8239 • topmost@worldnet.att.net

We are blessed with so many thoughtful members. One member always arrives with at least 3 different kinds of baked goods. Another always cheerfully says “sure” when asked to help, and this year she is involved in 3 different venues. One member from a distant corner of the state always calls and offers to lead a weedwalk. Herbal folk are truly generous people, and may the tradition continue as we all participate in HerbFest 2008.

Nettle Sesame Salt

-Michele Maclure

1 cup sesame seeds
1/4 cup dried nettle

Roast sesame seeds in heavy pan over medium heat. Stir constantly to prevent scorching. When browned to your liking, pour into blender or mortar with a pinch of salt and nettle leaves. Grind fairly fine. (I used a small food processor) Good on salads and cooked grains.

From *Wise Woman Herbal Healing Wise* by Susun S. Weed

Quick Spring Maintenance

First remove those leaves left on last fall when the rains and the hail hit. Clean up all of last year's foliage in the gardens to prevent the spread of disease. Apply an inch or so of compost to all gardens. Cut back your lavenders to where new foliage is emerging. Prune rue to within 12 inches of the ground. Trim butterfly bushes and cut back all ornamental grasses. Check hellebores for blossoms (surprise!) and remove any unsightly leaves. As the weather warms and no threat of frost is imminent, begin to acclimate houseplants that will thrive outdoors. Start them in dappled shade for a couple of weeks before exposing them to full sun. Breathe deeply and put your face up to the warm sun.

CLASSES OFFERED BY ROSEMARI ROAST

Classes are held at Walk in the Woods in Winsted, except where noted

Pre-registration necessary at least 3 days in advance • Call Rosemari at 860-738-1608 to register

Saturday, April 5

Core Class - Herbal Pharmacology \$35

10:00 a.m. to 12:00 noon

Saturday, April 5

Earth Friendly Spring Cleaning \$35

1:00 noon to 3:00 p.m. Celebrate Spring's arrival by learning safe and respectful ways to approach seasonal cleaning that honors you, your home, your family, your community and your Mother Earth.

Saturday, April 12

Everyday Herbalism \$35

10:00 a.m. to 12:00 noon. Join our circle as we learn together about the simple, local and abundant herbs that support us and our loved ones in the most ordinary ways. We will discuss the uses of common herbs for enjoyment, nutrition and for basic medicinal applications as well as some subtle holistic uses.

Saturday, April 12

Plant Spirit ~ Developing Your Relationship \$35

1:00 p.m. to 3:00 p.m. Develop intimacy with your Green World! We will discuss aspects of spiritual ecology and methods of developing alliances with our green friends, explore ways to communicate with our green allies and discuss ways to apply plant spirit medicine in healing.

Saturday, April 19

Core Class - Nervous System \$35

10:00 a.m. to 12:00 noon

Saturday, April 19

Sprouting an Herbal Business \$35

1:00 p.m. to 3:00 p.m. Join us for this primer workshop, designed to offer basic tools to support you in developing your business options. We will address holistic methods to help design a business plan and ways to start taking action to grow and nurture your business.

Saturday, April 26

Herbal Tea Blending & Tasting \$40

10:00 am to 12:30 p.m. Enjoy an afternoon of herbal tea-tasting! We will address many benefits of herbal teas, as well as methods for preparing them for enjoyment, nutrition and

wellness. Attention will be given to flavorful and aromatic herbs that offer us pleasure and wellness. You will also make your own personal blend to take home with you!

Saturday, May 10

Core Class - Endocrine System \$35

10:00 a.m. to 12:00 noon

Thursday, May 15 thru Sunday, May 18

Forest Folk ~ Spirit in the Woods

\$30 - weekend pass, \$10 - day pass Join CHAI members Rosemari Roast and Gayle Nogas and a host of others as we Embrace Universal Spirituality, Promote Peace & Harmony, and Inspire Creativity, Knowledge & Love. Proceeds donated to St. Jude Children's Research Hospital. To learn more, visit: www.forestfolkfest.com

Saturday, May 24

Making Herbal Medicines parts I & II \$70

12:00 noon to 4:00 p.m. Join us for this empowering discussion and demonstration of basic techniques for creating your own herbal applications at home. You will learn the art of creating simple nutritional beverages and food stores, medicinal tinctures, healing oils, balms and other remedies and healing applications.

Saturday, June 21

Core Class - Liver "System" \$35

10:00 a.m. to 12:00 noon

Saturday, June 28

Making Your Own Flower Essences \$40

12:00 noon to 4:00 p.m. Please join me for this special 4-hour "harvest-to-essence" workshop that will de-mystify the process as you create your own Flower Essence. This hands-on workshop will allow you to choose your flower (or it to choose you) and work through the entire process of making your very own Mother Essence to take home with you to use and share with loved ones for months or - more likely - years to come! This workshop takes place outdoors, in sunshine, at my healing hut in Winsted and so depends on the weather conditions. Keep a good thought!

Nettles With Green Garlic and Olive Oil

1-1/4 lb. nettles, cleaned

3 or 4 garlic scapes, chopped (these are the buds of the garlic plant - available at specialty stores and farmers' markets)

1/2 cup olive oil

Salt & pepper

Preheat a large sauté pan on medium high heat, pour in 1/4 cup of the olive oil and add the garlic scapes. Sauté briefly for about 30 seconds, being sure not to brown or burn them. Add the nettles into the pan, give a good stir, then stir frequently until they are completely well-wilted. Add a bit of water if needed - nettles do not have the water content of most greens. Place on a plate and drizzle with the rest of the olive oil. Garnish with a few lemon wedges.



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



An Elizabethan Herb Song

From *The Curious Gardener's Almanac*
by Niall Edworthy

Plant me a garden to heal the body
Betony, yarrow and daisies to mend
Sage for the blood and comfrey for bones
Foxglove and hyssop the sick to tend.

Tansy, rosemary, rue and thyme
Bring back the lover who once was mine
I will give him the sweet basil tree
Then he will always belong to me.

Plant me a garden to heal the heart
Balm for joy, and the sweet violet
Cowslips, pansies and chamomile
To ease the pain I want to forget.

Plant me a garden to heal the soul,
A garden of peace and tranquility,
Soothed with the sweet scent of lavender
And the heavenly blue of chicory.

See also: *Grandad's Prayers of the Earth* by Douglas
Wood and *A Garden From 100 Packets of Seed* by
James Fenton

submitted by Michele Maclure

2008 Officers and Committees

BOARD OF DIRECTORS

President - Position presently vacant
Vice-President - Lupo Connell - plantessence@aol.com
Treasurer - Gayle Nogas - sagewand1@aol.com
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