

the Connecticut Thymes

CONNECTICUT HERB ASSOCIATION, INC.

WWW.CTHERB.ORG

OCTOBER-DECEMBER 2008

You won't want to miss this!

Dr. Jody E. Noé, MS, ND

presents

"Cherokee Medicine"

Saturday, October 25 • 10 am - 2 pm

sponsored by

Connecticut Herb Association Inc. & Windham Community Memorial Hospital

Bernard Derosier Meeting Room
Windham Community Memorial Hospital
112 Mansfield Avenue, Willimantic, CT

~Bring a potluck dish to share~

\$10 donation • Free to CHAI members • Reservations suggested by October 20

860-456-1233 or michelemaclure@hotmail.com

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Integrative Health at WCMH

Michele Maclure

When Michele Maclure approached board members at Windham Hospital to secure a location for our presentation by Dr. Noé on October 25, she was pleased with their positive reaction, as well as an invitation to participate in their Integrative Health Committee meetings.

This is an exciting new program which will certainly benefit this region and the connection is a marvelous opportunity for CHAI, for which we are extremely grateful. Here is Michele's report:

Integrative Health Committee meeting on Friday 9/26

An interesting and growing concept has been launched at Windham Community Memorial Hospital in Willimantic; the Integrative Health Services Department. I plan to attend their monthly meetings as a liaison with CHAI. At present, their offerings include Reiki, Massage, Pet Therapy, Huggles the Clown and a Wellness on Wheels Cart offering patients an alternative to television via meditation tapes, assorted books, soft music tapes and CDs. They plan to promote our October event throughout the hospital.

There also exists an opportunity for our members to serve as teachers; for instance, they are presently in need of Reiki practitioners. I will be presenting a program on medicinal herbs sometime in 2009. Their programs, on a variety of subjects, are open to the public on the last Wednesday of each month. An open house is planned for October 29, from 7 - 9 p.m. and a health fair is tentatively planned for springtime at Mansfield Community Center. This would be an excellent opportunity for CHAI to have an information table. I'll keep you posted.

Autumn in the Garden, After the Harvest

Carole Miller

I can remember many seasons ago, when autumn meant that I was supposed to cut absolutely everything back, rake out, and make the gardens neat before cold weather drove me inside. After a few decades of gardening, some lessons have been taken to heart, and while the gardens are healthier and the birds happier, I now employ an abbreviated version of those chores, which allows me to enjoy the season more fully. There's always work to do in the spring, so I can cut some plants back then, too.

A new category has lately become quite important in garden design, that of "Winter Interest." Quite honestly, that's my name for anything that I didn't have a chance to clean up or cut back. I have learned that the birds enjoy feeding on the heads of coneflower, rudbeckia, sedum and many others. The plants are quite lovely wearing a light dressing of snow, and are quite exquisite on a frosty morning. Always remove and discard diseased plants and leaves, however, particularly those of hollyhocks. In the wintertime, Mother Earth does not like to be exposed to the elements. She needs a cover of growing things or some sort of blanket to prevent erosion, excess drying, and a loss of valuable nutrients. In the cornfields, you usually see green shortly after the crop is removed, and that's because the farmers sow winter rye as they're cutting the corn. The same principle can apply to our vegetable and display gardens in the form of a light cover of well-chopped autumn leaves or a light layer of hay, to accomplish the same purpose, and these coverings will usually decompose by spring or easily turned under.

Autumn is an excellent time to apply a light layer of compost, and let it do its work of slowly releasing nutrients between now and springtime. Remember to mark some of those new plants that were installed this summer, as you may not remember where you planted them by next spring, and it's heartbreaking to realize afterward that you weeded them out in spring enthusiasm.

Have some fun saving seed. Don't bother with the hybrids, as they won't come true, but save some of your other favorites. Remember to sow some poppy and larkspur seeds on the snow in March. It will be Spring before you know it.

In Memory of Jean

We shall always remember our friend, Jean Argus, founder of *Jean's Greens & Herbal Essentials* who passed away recently. A bright spirit, she was most generous with her time and knowledge. A celebration of her life will be held Saturday, October 18th. Check the eGroup for details.

NOTES FROM THE MEMBERSHIP CHAIR

Pam Quayle

The **2008-09 Directory of Members** is up on the website. It is password protected for members only. Please check your information in the directory and let me know if anything is incorrect. If you have a website and don't find it in the Networking area send it to Deb Pouech (the webmaster) deb@herbsnhoney.com or to me herbgatherer@hotmail.com. Our website is www.ctherb.org

NOTES FROM THE EDITOR

Carole Miller

Heartfelt thanks to the generous members who wrote articles for *The Connecticut Thymes* during 2008. We have a wealth of talent in our organization, as well as a fine spirit of cooperation and sharing. Please be as generous to the new editor who will begin duties with the next issue. Thanks also to Sandy Gallup who did such an efficient job of distribution.

I'd like to take this opportunity to thank the many thoughtful people who have made my recuperation much easier with their help, their meals, offers of transportation and especially their caring. My kneecap is **really** grateful!

Opportunities

Classes offered by Richard DeJohn
Forest Spirit Healing, East Hartford
Call 860-568-6373 to register

October 11

Reiki 1 class

\$120 – CHAI member discount \$115
9 am to 5 pm

November 15

Reiki 1 class

\$120 – CHAI member discount \$115
9 am to 5 pm

December 6

Reiki 1 class

\$120 – CHAI member discount \$115
9 am to 5 pm

For the remainder of 2008 Reiki level 2 classes by request only

Classes offered by Rosemari Roast
Walk in the Woods, Winsted
Call 860.738.1608 to register

Saturday, October 11, 12:00 noon-3:00 p.m.

Fermenting Wellness in your Kitchen \$45

Register by 10/4

Monday, October 13, 6:00 p.m.

Holistic Health Practitioners' Gather FREE

Call to let us know you're coming!

Saturday, October 18, 12:00 noon-4:00 p.m.

Making Herbal Medicines parts I & II \$70

Open to anyone, regardless of experience or skill level
Register by 10/15

Sunday, October 19, 10:00 a.m.-12:00 noon

Herbs to Relax By \$35

Register by 10/15

Saturday, October 25, 10:00 a.m.-12:00 noon

Core Class - Cardiovascular System \$35

Register by 10/22

Saturday, October 25, 12:30-2:30 p.m.

Core Class - Nervous System \$35

Register by 10/22

Saturday, November 1, 12:00 noon-4:00 p.m.

Elective Workshop - Fermenting Spirit! \$50

Register by 10/25

Saturday, November 10, 12:00 noon-4:00 p.m.

Core Class - Treatment Determinations & Dosage I&II \$70

Register by 11/5

Monday, November 10, 6:00 p.m.

Holistic Health Practitioners' Gather FREE

Call to let us know you're coming!

Saturday, November 15

Core Class - "Liver" System \$35

10:00 a.m. to 12:00 noon
Register by 11/12

Rosemari Roast's classes (continued)

Saturday, November 15, 12:30-2:30 p.m.

Core Class - Lymphatic System \$35

Register by 11/12

Saturday, November 22, 10:00 a.m.-12:00 noon

Core Class - Reproductive System \$35

Register by 11/19

Saturday, November 22, 12:30-2:30 p.m.

Core Class - Muscular Skeletal System \$35

Register by 11/19

Saturday, December 6, 10:00 a.m.-12:00 noon

Core Class - Pharmacology \$35

Register by 11/22 - *there is PRE-WORK.*

Saturday, December 6, 12:30-2:30 p.m.

Core Class - Endocrine System \$35

Register by 12/3

Classes offered by Michele Maclure at
Earth Spirits Herbal Apothecary, Sturbridge, MA
Email esherbals@yahoo.com to register

Saturday, November 15, 1:00 p.m.

Herbs for Winter Health \$20

Tasting and handouts included

Saturday, December 6, 11:00 a.m.

Christmas Craft Class \$15

\$10 additional materials fee

Workshop by Carole Miller
Topmost Herb Farm, Coventry
Email topmost@worldnet.att.net to register

Saturday, November 15, 1:00 p.m.

Baking Apple Pie the 18th Century Way \$25

Register by 11/1

MONTHLY MEETING OCTOBER 14

Gather at Newington Library at 6:15 for a social time. The meeting is 6:45 - 8:45. They have blocked the entrance to the library from Cedar Street. Now you have to get to the library from Mill Street. The directions are:

From the Berlin Turnpike (Rtes. 5&15) either direction: Take exit for Rte. 175, go west to Newington. At the 3rd traffic light, turn left onto Rte. 176 (Main Street). At the first traffic light, turn right onto Garfield Street. Turn right at Mill Street. When using online maps or GPS device for directions to the Town Hall or Library, Mill Street should be used for the address instead of Cedar Street. The parking area is on Mill Street with no direct access from Cedar Street.

CHEROKEE MEDICINE OCT 25

Don't miss Dr. Jody Noé, ND speaking on Cherokee Medicine on Saturday, October 25! There is a lovely poster on the eGroup pages that you can print and post to help us have a good turnout. <http://groups.yahoo.com/group/CHA/files/Noeposter.pdf>

Elderberry, Lavender & Cowslips

Kat Conte

Elderberry and Lavender you can see together but Cowslips? How do the three go together? You'll see.

It is the 70's and the Elderberry bushes are abundant and lush. The fruits are heavy and the scent is heady. Tea! Pies! Jam! Syrup! Oh, and Wine!! Together we gather the berries to make the goddess-given products.

Lavender blooms abundantly beneath the bedroom window, filling the room with its scent all summer, calming everyone who enters. Sachets! Salves! Lemonade! Cookies! Once again we work together with the herbs.

Early spring and the rains have filled the streams. Putting on the muck boots and wading into the rushing stream to gather Cowslips. Salad! Sandwiches! Steamed! Yum! We prepare a meal with what Mother earth has provided.

Fast forward to 2008 as together we are sipping tea on a summer afternoon, the room filled with flowers and herbs as we talk of these past times. "It has been so long since you were in kindergarten dear, when we began our herbal adventures. How lovely to be still on the adventure with you." I smile, take her hand and say "Thank You Mom, I am grateful to have shared a lifetime of herbs with you"

Herbs, Memories, Mother and Love, nice combination wouldn't you say?

Conscious CT

Check out this wonderful e-newsletter published by member Jon Roe, which is a jam-packed publication of holistic and community happenings, business connections, news, profiles and more. If you go to the web at <http://www.consciousct.org/album/index1.htm> and click on the last selection on the right; HerbFest 2008, you'll find a wonderful photo album of the last Fest at Topmost. Thanks, Jon.

Wicked Garlic Spread

*3 medium potatoes, peeled and diced
3 or 4 cloves of garlic, peeled
1/3 cup mayonnaise (more if mix seems dry)
1/2 tsp. salt*

Boil potatoes until very soft, and drain well. Transfer to a food processor. Without waiting for them to cool, add remaining ingredients. Process until very smooth. Cover and chill overnight. Serve as a spread with crackers or pita wedges. Try it as a dressing on hot steamed vegetables.

Carole Miller

Chickpea-Squash Soup

One of my favorite winter dishes, this is adapted from a recipe by Karen S. Bard in *Vegetarian Soul Food*. I've made it numerous times, using acorn, hubbard or butternut squash, or a combination of them. Hard to believe it contains no dairy - it's that rich. Can be made in advance as the taste improves upon standing, and it also freezes well.

*2 cups cooked chickpeas
1 medium squash, cut in chunks, steamed until tender
1 quart water (more if needed)
Unsalted butter or olive oil for frying
1 large onion, diced
2 tsp. ground cumin
4 or 5 cloves garlic, minced
1 tsp. curry powder
1 tsp. ground coriander
1 tsp. powdered cardamom
Salt and pepper as desired*

Puree squash and chickpeas, place in soup pot with water. In another saucepan, heat the butter, add onion and sauté on medium heat for about 5 minutes, or just until soft. Add garlic and cumin, stir and sauté until garlic is fragrant, being careful not to brown the garlic. Add remaining spices, stir and cook briefly. Add to squash in soup pot, simmer for approximately 1/2 hour, partially covered. Add salt and pepper to taste. Try serving it garnished with a few fried sage leaves. Sometimes I add peeled, chopped apple to the pot in the last few minutes, for an additional layer of flavor and texture.

Carole Miller

Pumpkin Soup

Pumpkin is for more than just pies! In fact, in most countries where it is popular it is eaten as a vegetable and not in desserts. Try this hearty, warming, fragrantly spiced soup on a cool fall evening and see if you don't agree

*3 Tbs. butter
1 medium onion
1 tsp. curry powder
2 Tbs. flour
2 cups cooked pumpkin
1 tbs. brown sugar
dash nutmeg, cinnamon, salt, pepper
4 cups chicken broth
2 cups heavy cream
walnuts and parsley for garnish*

In a large heavy saucepan melt butter and add onion, curry powder and flour. Sauté, stirring constantly to cook flour and onions. Stir in pumpkin, brown sugar, nutmeg, cinnamon, salt and pepper. Whisk in chicken broth and bring to boil. Cook gently for 15 minutes. Stir in heavy cream and return to simmer. Serve hot with parsley and walnuts as garnish.

Helyn Bartholomay

Just had to say how amazing it was to be at the Women's Herbal Conference in August and to see many CHA members there. What a powerful weekend! Join us next year and you too will be amazed and energized!

Kat Conte

Harvest Musings of a Random Abstract Gardener

Debra Hultgren

Like almost everyone these days, I am balancing a full time job with other family obligations and my time for the harvest is limited. Yet it is one of my favorite activities second only to the enjoyment of wandering through my gardens throughout the season. Lacking any concentrated period of time to gather and prepare herbs, vegetables and fruits for storage, I make use of short moments to cut, pick or pull and individual plant or fruit and immediately set it to dry, freeze or can.

Just yesterday, while my husband was transporting split wood to the piles with my almost three year old grandson secured in the seat of the tractor with him, I gathered hops. I could gather a basketful in the intervals where Jacob was with his grandpa. Once back from the pile, while grandpa split more wood, I was back to watching his tricycle riding while the boy anxiously waited for grandpa to signal that more wood needed transporting. He actually believes he is driving the tractor.

I love hops (*humulus lupulus*). Well yes, I love all herbs. But I really, really love hops. The stobiles (fruits) that I am gathering look like beautiful light green, fragile pine cones. They hang in strands off the vines this time of year, looking like decorations strung for holiday. Peterson's Field Guide indicates they are found in waste areas, which probably explains why they are so easy to grow just about anywhere. Mine happen to be growing on my eight foot fence surrounding my largest garden, securing the delectables from my vast collection of hungry, gourmet food loving deer. They also grow well over any arbor or up strong twine secured to the side of a building. Even the leaves are beautiful so much so that I also gathered sections of the vine to form an informal wreath, letting the hops dry right on the vine while decorating my door.

In between tractor rides, I ran into the house to arrange my gathered strobiles on racks in my dehydrator. I use an Excalibur dehydrator for most of my herb drying in this unpredictably moist Connecticut climate. Hops do dry pretty well hung in an airy place but one moist "tropical storm" period can undo perfectly air dried plants and set them to molding. The hops I use medicinally must be dried well and my Excalibur does the trick. While not as exquisite when dried, they are still pretty and smell wonderful once the drying is complete. I store them in large glass jars in my dark herb pantry until another moment of time when I can make them into medicinal products a little later in the autumn.

Hops, while perhaps best known for their use in beer, have a documented history of many uses by many cultures. Hops were originally added to beer because of the natural preservative properties. The relaxing and digestive benefits were acknowledged later and the rest of beer's popularity is history. Hops were used traditionally in Europe and later in North America for the plant's sedative, antispasmodic and diuretic properties and were

used to treat insomnia, cramps, coughs, fevers, and externally for bruises, boils, inflammation, and rheumatism. I use them to promote sleep both in teas and in sleep pillows. Smelling hops is often sufficient to help someone drift off to sleep. I have heard people tell of needing a nap after gathering hops and most recently heard someone speak of having an unexplainably sleepy husband while air drying hops in the house.

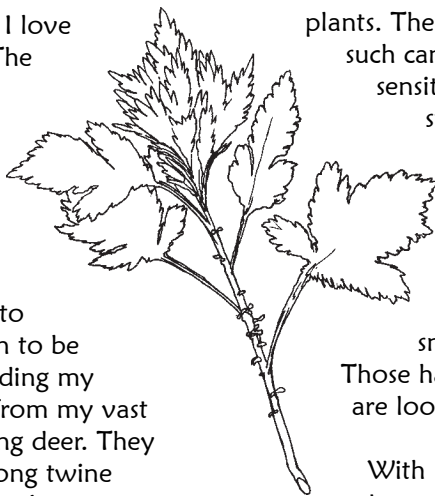
I have read warnings about the handling of the fresh plants. The vines and leaves certainly are hairy and as such can be irritating for some people who might be sensitive. I tend to gather with scissors cutting the stobiles directly into a bowl. When I gather any plants I try not to handle them any more than necessary. As a result, I cannot say I have ever experienced dermatitis or any other sensation other than pleasure when I collect hops. By the way, this is also how I gather fresh stinging nettle, snipping off the tops right into a big bowl.

Those hairs, you do not want to embrace unless you are looking for a strong sensory experience.

With Hops all gathered and drying I raced outside to meet up with grandson to play with him while more wood was being split. He will come into the garden with me for short periods, especially if there are any reachable grapes, raspberries or blueberries. I have been amazed how he quickly gained the skill of picking raspberries, neatly off the stem without crushing, mastering it this summer after learning it during last summer when he was not yet two years old. He somehow manages to avoid the pricklers, lustfully going after berries, often buried deep in the patch. However, there are few berries left this time of year so I quickly cut several dozen stems of Mugwort (*Artemisia Vulgaris*), keeping an eye on his quick little body. As Jacob was already on his way out of the garden, that was all I could manage until the next tractor trip.

Mugwort can be air dried but is very susceptible to discoloration and mold so it too goes to the dehydrator. However, I did dry some very successfully this summer by stripping the leaves and putting them in a large basket during one of our cool dry periods. However, as soon as it is dried, it needs to be put in air tight jars so it won't reabsorb moisture. The plant I just gathered went into the dehydrator as Hannah is going to visit us tomorrow bringing all her tropical storm moisture.

(continued next page)



Harvest Musings *(continued from previous page)*

The dried Mugwort will also go into some of my sleep pillows. Its claim to fame in the pillows is as a dream inducer. Consequently, it does not necessarily go in pillows for people who want deep restful sleep. But for the person seeking to explore the meaning of their dreams, Mugwort has a reputed place in promoting active dreaming that may more easily be remembered for entry into a dream diary. I have also included it in tea blends but it is often too bitter in flavor for anyone but the serious dream seeker. The pillows used for aroma therapy are much more pleasant. These small pillows can be placed inside the regular pillow or lay on the bed near the head of the dream seeker.

Mugwort has many uses and is considered a cholagogue, vermifuge, emmenagogue, hemostatic, anti-spasmodic, diaphoretic, mild narcotic and a bitter tonic. Like all bitter tonics, it can be used dried as a tea to promote digesting when taken before meals. All the artemisias have some ability to treat parasites (intestinal worms and such). Check the literature on this for formulas that include Mugwort, Sweet Annie and Wormwood (all vermifuges-worm killers). Acupuncturists and other TCM (traditional Chinese medicine) providers often use Moxibustion as part of their treatment. This is the use of specially prepared Mugwort cottony masses that are burned over the skin of patients to promote blood circulation and to draw energy to the associated meridians.

Beware gardeners if you don't already know this, that once Mugwort is planted in a garden, it can take over and is very resistant to leaving. It spreads by runners and through seeds and it likes any condition. I actually have it growing in a variety of spots from full sun to full shade and it seems to like them all. If you want to grow it, find a location far away from your favorite herb and flower beds. If you want it but don't want to grow it, you can find it just about anywhere as a common wild plant, or just come to my house and I'll load you up.

By the way, Hops are pretty aggressive plants, spreading through the running roots. They pull or dig out easily enough and practically any piece of root can produce a new plant if potted up. I have given away many plants as I suffer from the problem of needing to save everything I weed out. Consequently, I always have Hops to give away or trade. If you live anywhere near me, don't buy them, come visit me.

Grandpa had one last bucket load of wood to deliver to the pile. My final trip into the gardens was for some Sweet Annie (*Artemisia Annua*). This stunning plant comes up every year in my gardens from the seed spread from previous year's plants. I let it come up here and there as it does not disturb anything. It is one of those plants I can't bear to weed out so it is in every bed regardless of the orderliness I originally intended. It can grow to five or six feet sending feathery branches out in all directions. Sweet Annie smells so wonderful that you will have trouble taking your nose out of it. The scent remains for years in the dried branches. I use it in all kinds of dried arrangements from wreaths to dried bouquets. I also make a tincture that can be used to prevent "travelers" stomach. I have bunches of it hanging all over the house, garage and basement.

For the rest of the day Jacob and I wandered around the gardens while he chased balls and I cut flowers and flowering herbs for the vase. Some of the nicest flowers are from Oregano and mint plants. They add not only interest but aroma to an arrangement. I love the flowering weeds as well including Lamb's Quarters and Green Amaranth. Okay, I admit it, I don't do much weeding. We not only eat the young leaves of both these "weeds" in the spring but I like to use the green flowers they produce for my cut flower arrangements around the house.

Excalibur Dehydrators can be purchased at Cabela's or by mail from the company at www.excaliburdehydrator.com Debra Hultgren, **Acorn Herbs**, dhultgren@mindspring.com, specializing in weedy herbs the rest of you pull out of your gardens.

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• **Sleep Pillows:** equal parts of dried hops, rose petals, lavender, chamomile and rosemary. Stuff a pillow made of some lovely fabric (8x8 inches or another shape preferred) and stitch up the end. I like to make up a muslin pillow for the herbs and insert that into a pretty pillow case with button closures so that my pillow can be used again once the herbs have been spent.

• **Sleep Tea:** Same as above: use one rounded teaspoon of mixture per cup of water and steep five to 10 minutes or to taste. If desired the herbs can be cut/chopped finely and made into tea bags or used in a tea ball. I prefer to have large cut loose herbs for use in a tea pot. I then strain the tea into my cup or canning jar for drinking.

• **Dream Pillows:** equal parts of all or any of the herbs above and Mugwort. Stuff a pillow as above. Place a journal and pen near your bed. Write down your images as soon as you are aware you are awake. Enjoy the exploration of your internal world.

Cleaning With Essential Oils

Helyn Bartholomay

Long before the chemical revolution herbs were commonly used to clean and disinfect the home. Many essential oils have antimicrobial properties which make them a wonderful alternative for cleaning.

As the days become shorter and the night's cooler we will soon begin closing up our gardens and heading indoors. During the winter months, when everything is closed up, it is especially important to detoxify your home from dangerous chemical cleaning products. According to the EPA, most homes have airborne concentrations of hazardous chemicals two to five times higher than the outdoors. Cleaning products are one of the reasons these levels are so high. Toxic cleaning products release vapors into the air when being used. Some even release vapors just by being stored. This is called off gassing and it's the reason why your eyes burn and your throat feels scratchy after you walk down the cleaning aisle of a grocery store.

Did you know that in order to use the word disinfectant on a label the product must actually be registered as a pesticide with the EPA? **What?**

The first herbal disinfectant registered with the EPA is called Earths Power's *Power Herbal* which is a blend of liquorice root, tea tree oil, magnolia flowers and other natural antimicrobials. There are many green alternatives for cleaning on the market today. Thanks to the grassroots movement to protect our environment. Once again a small voice of impassioned people armed with knowledge has made a big difference in our purchasing habits. Companies thrive on our consumer appetites. We

have shown corporate America that we are going to change with or without them. That is why you see companies such as Clorox and Johnson & Johnson jumping on the "green" band wagon. I think this is a change long over due but I still caution you to read the labels. Some products are better than others and you and I both know that they are only doing this because they see a market for it. It's all about dollars and cents. If they truly cared about our health and environment they would have made the change a long time ago.

The best way to protect your family this winter season from colds and flu are right at your finger tips. They have been tried and true for hundreds of years and they are organic. These simple remedies are herbs and essential oils.

Many common household plants act as filters to help you maintain health indoor air quality. The Spider Plant, Rubber Plant, Peace Lily, Dracaena, and the Areca Palm are just a few examples.

Some interesting reads to get you through the winter months: *Toxic Deception* by Dan Fagin; *Living Downstream* by Sandra Steingraber; *Silent Spring* by Rachel Carson

Helyn's Clean Solutions are available at many retail locations, and may be ordered online at www.hcsolutions.org

Comfrey Comforts

Kat Conte

Many of us are familiar with the healing powers of Comfrey (*Symphytum officinale*) but if you have not used it I would like to share my own experiences with it.

Applied as a poultice to a spider bite on top of my foot, the swelling and pain were gone within one hour. Nothing else worked prior to using the Comfrey. Smashing my knee into the corner of an open drawer produced not only pain but a cut. Less than twenty minutes after applying the Comfrey poultice you wouldn't know I had been injured. A recent stress fracture on top of my foot is almost healed after one week of applying Comfrey and drinking a mild tea.

Easy to grow Easy to use Get to know it, it can be your friend

Carole Miller

In the garden comfrey mines a host of nutrients from the soil, since it is very deep rooted; then these nutrients are made available through the fast growing large leaves which, lacking fibre, quickly break down to a thick black liquid. Added to the compost pile, they make those nutrients available as they accelerate the decomposition process. Comfrey is an excellent source of potassium, an essential plant nutrient needed for flower, seeds and fruit production. The leaves contain 2-3 times more potassium than farmyard manure.

Comfrey fertilizer "tea" can be made in a 5-gallon bucket with a lid. Simply drop in a couple of handfuls of fresh comfrey leaves, fill with water, cover to keep out the critters, and let it ferment for a month or so. Strain out the leaves and water your plants with a superb nutrient boost.

From several sources I have read that comfrey is an excellent source of vitamins and minerals for chickens, who supposedly love it. After several attempts to entice my ladies of the chicken yard, I discovered that their preferred presentation is to have me chop it up and sprinkle it over their organic layer pellets. My chickens are very spoiled.



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



2008 Officers and Committees

Will You Serve?

The 2009 season begins in 3 short months, and it seems as though the year flew by. Now it is time to select a slate of officers and roster of committees. If you are willing to serve as an officer or help on a committee, please contact Michele Maclure or Gail Nogas. Your ideas and suggestions are always welcome as everyone's input is valued. We appreciate offers to lecture or to coordinate workshops and field trips. Everyone pulling together assures a vibrant and exciting organization.

BOARD OF DIRECTORS

President - Position presently vacant
Vice-President - Lupo Connell - plantessence@aol.com
Treasurer - Gail Nogas - sagewand1@aol.com
Secretary - Michele Maclure - michelemaclure@hotmail.com

COMMITTEES

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